



# HEALTHY FROM HEAD TO TOE

**MIND, BODY, & SPIRIT WITH DR. LONA COOK  
CHIPPEWA FALLS YMCA**

Join Dr. Lona Cook from Cook Chiropractic for a discussion on living a healthy life and why maintaining spinal health is important to overall physical and mental health as we age.



**WHEN:** Tuesday, September 20  
**TIME:** 11:00-11:45 AM  
**WHERE:** Chippewa Falls YMCA - Strength Studio  
**Cost:** FREE to YMCA Members  
No registration required

