



# *Join Us*

• TUESDAY, MARCH 3RD •

*Noon-1pm*

*Lunch is provided*

Join us for presentations from **Dr. Bartkoski** (follow-up on lab tests), **Leah Heinen, RDL** (packing a healthy lunch) and **Diana Holthaus, DPT** (steps on beginning an exercise program).

*Presentation held at the Seneca office - 201 N 6th St.*