



## Join us for the Des Moines Pathways Magazine Club!

**Saturday, February 6th from 2-4pm**  
Whole Health Chiropractic Wellness Center  
855 42nd St Des Moines, IA  
(in the Shops at Roosevelt)

### **Guest Speaker: Sheree Clark**

She is the owner of the health counseling service *Fork in the Road*. She will be discussing how to unlock the healing power of delicious whole foods.

Light refreshments will be provided, and guests are encouraged to stop by the office prior to the meeting for a **FREE** copy of Pathways Magazine, and a guide of the key topics that will be discussed.

### **Other Topics Covered:**

- Taking Charge of Giving Birth
- The Hospital Birth Plan
- Adjusting to a New Life
- Chiropractic Care for an Easier Pregnancy and Safer Birth
- The Home Birth Advantage
- A Pregnant Pause



**Whole Health**  
**CHIROPRACTIC**  
WELLNESS CENTER  
[www.wholehealthdesmoines.com](http://www.wholehealthdesmoines.com)