



Together we're making  
your Community Centre  
even better.

## COMPLEMENT HEALTHCARE FREE LECTURE

If you feel challenged by a change in your health, heart or home, come out and learn strategies to move you towards a more desirable future.

**Lecturer:** Deb Braun, Clinical Counsellor

**Date:** Tuesday, January 8th, 2013

**Time:** 12 noon - 1:00pm

**Place:** Cedar Room, 3rd Floor, West Vancouver Community Centre, 2121 Marine Drive, West Vancouver

**Cost:** Free!

**Barcode:** [847322](#)

This series of free lectures is presented by Complement doctors and registered practitioners in their chosen field. The lectures cover a broad range of subjects including raising healthy children, nutrition, and fitness and wellness. The lecture series is brought to you through a partnership between Complement Health Care and the West Vancouver Community Centres Society.

**All lectures take place at the West Vancouver Community Centre, and registration is recommended to ensure your seat.**