



January 2024

CLUB NEWSLETTER

Nechicagolandpassport.org

JANUARY 11, 2024 Club Program

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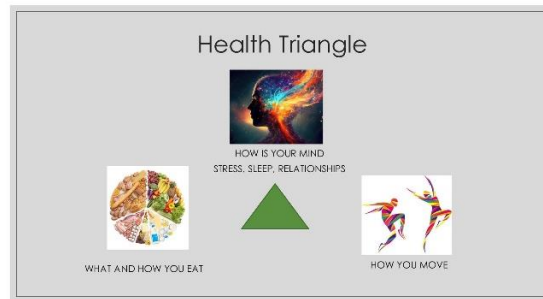
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Happy New Year 2024

Our own Dr. Cristina Anez gave a very healthy presentation to plan a healthy new year. Her approach is to maintain a balance between your mind, food and exercise; not necessarily thinking about what to think, eat or do; but rather about "HOW" your mind, your nutrition and your physical activity is. Her full presentation can be downloaded from the website: nechicagolandpassport.org



Dr. Robert Steinberg, Dr. Christina Anez & Happie Datt · Ringing for the Salvation Army with the Rotary Club of Lake Forest · December 16, 2023

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