



## Health & Wellness 101

*An educational program to give you the information you need to live a healthier life.*

1st Tuesday of each month  
4:30 - 5:30 pm

Held at  
**Havasu Regional Medical Center Learning Center**  
1785 McCulloch Blvd. N.

**Attendance is Free!**

*Living Longer by Living Smarter*

# December 5, 2017

## 4:30 pm



**Dr. Ed Wignall**

*Presenting*

## “Get Well Thinking”

Dr Wignall has been a psychological therapist for nearly forty years and has worked with thousands of people. He has identified and uses the thinking people use when they get well and the thinking they use when they do not. Over the years he has recovered from ADD, obesity, alcoholism, smoking at 60, an extreme broken back at 64, cancer at 66, a broken knee at 70, and is now in the process of recovering from COPD at 76. On the weekends he enjoys his favorite sport rock climbing. If you want to get well from anything his lecture will be a game changer for you.

***For more information call 928-453-8190  
Havasu Community Health Foundation  
[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)***

Health & Wellness 101 is a program under the umbrella of **Havasu Community Health Foundation**, a 501(c)3 public charity.  
94 Acoma Blvd. S. Suite 101, Lake Havasu City, AZ 86403

