

# FREE SEMINAR

## Learn How To Live Healthy And Pain Free In One Hour

Presented by

**HQ** HealthQuest



### SLIP/FALL ASSESSMENT & CONDITIONING PROGRAM

- Determine if you are at risk
- Identify risk factors
- Modify risk factors
- Improve balance and mobility
- Maintain an independent lifestyle

**AUGUST 13<sup>TH</sup> • 1 PM**



### ARTHRITIS

- Where does it come from and how does it start
- How do we slow it down
- What are the treatments both at home and in the office
- How does nutrition play a role

**AUGUST 27<sup>TH</sup> • 1 PM**



### KNEE/SHOULDER JOINT PAIN

- What's causing the pain
- A look at the anatomy and some common injuries
- What are the latest and innovative treatment options
- Am I going to need surgery

**SEPTEMBER 10<sup>TH</sup> • 1 PM**



### WEIGHT LOSS/STOP SMOKING PROGRAM

- Why can't I quit/why can't I lose weight
- Our unique approach to treatment
- What can I be doing at home to help

**SEPTEMBER 24<sup>TH</sup> • 1 PM**



### HEADACHES

- What is causing my pain
- Is it something I'm eating
- What are my treatment options
- Are medications my only choice

**OCTOBER 1<sup>ST</sup> • 1 PM**

*Please call to register as space is limited*

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