

**Did you know 90 %
of the money spent
on groceries last
year went towards
the purchase of
processed foods.....**



**Processed foods
contribute to
chronic disease
which causes 7 out
of 10 deaths.**

**Take Control of
Your Health!**



**Chiropractic & Nutrition
at
Northwest Ohio
Orthopedics & Sports
Medicine**

(419) 427-3117



Dr. Heather Heck is proud to call Findlay and the surrounding areas home. She received her Doctorate of Chiropractic Degree with honors from New York Chiropractic College and also holds a Masters in Applied Clinical Nutrition and a Masters in Public Health. Dr. Heck is passionate about educating the public about chiropractic, nutrition and holistic health. She also serves as an educational instructor at several Universities.

**7595 County Road 236
Findlay, Ohio 45840
419-427-3117**

NWO Chiropractic & Nutrition



**Nutritional
Services**

**Tomorrow's
Health Begins
Today!**

Shopping Tours

Offered to Improve your Health

- 1 Hour Tour of Grocery Store (Kroger or Meijer-Tiffin Ave)
- Instructions on How to make Healthy Food Choices
- How to Read Food Labels
- Eat This/ Not That Information
- Clarify low-fat, non-fat, low-carb, low sugar.
- Sample Healthy Foods
- Shopping on a budget
- Tour Packet

Additional Services

Offered to Improve your Health

- Refrigerator/Pantry Clean Out
- Nutrition Classes
- Monthly Meal Plans

Call for Pricing

Cut the Confusion

Ever find yourself roaming the aisles of the grocery wondering what to buy?

Confused by nutrition labels & fads?

Want to know how to make healthy meals on a budget?

How do I enhance energy through diet?

Join us to learn how to shop with a plan and how to buy groceries that optimize your family's health.



Cost:

The cost of the tour is \$50 per person, with a limit 2 to 4 people per tour.

Payment must be made in advance

Schedule for shopping tours:

Monday or Wednesday Evenings in

June & July

6:00 pm-7:00 pm

Sign up today by filling out the information below and return to NWO. Or call, fax, or email us. Spaces will be filled on a first come first serve basis.

Name: _____

Address: _____

Phone: _____

Email: _____

First Date Choice: _____

Second Date Choice: _____

Circle Payment Type Enclosed:

Check Cash Credit Card

Card Number: _____

Name on Card: _____

Expiration: _____

Email:

maryt@nwoortho.com

