

WSWE Monthly Program

August 18, 2011

8:00am – 10:00 am

Location: Ashton Place 341 75th Street, Willowbrook, Illinois

Don't Let Your Zizz, Fizz!

Easy things that we can do to be more productive and happier at home at the workplace. When you develop positive energy and feel better about yourself, your children, co-workers, employees and family members benefit.

Dr. Warden will discuss nutrition facts and simple exercises that we can do to make us feel better and look better.

Dr. Susie Warden, DC

Founder and Executive Director

[Advanced Healthcare](#)



After receiving her Bachelor's Degree in exercise physiology with a minor in nutrition from Arizona State University, Dr. Warden moved to Boca Raton, Florida and developed a fitness consulting company for corporations. She was very successful in her quest, implementing programs for companies such as IBM, Cellular One, and several area resorts and private schools.

After having her second child, she faced severe lower back pain and made the decision to visit a Chiropractor. The decision to try Chiropractic not only cured her pain, but inspired her to continue her education in health and, more importantly, help others as she was helped.

Dr. Warden studied at the National College of Chiropractic in Lombard, Illinois (considered one of the nation's most medically oriented Chiropractic colleges) and completed a five year academic doctorate program.

Degrees: Chiropractic Physician

Certifications: Licensed Illinois, American Red Cross CPR & 1st Aide for Professionals

Visit www.wswe.org for more information

\$40.00 Early Bird Registration (online)

\$50.00 At the Door

No Charge for WSWE Members