

Living Healthy Club

Dr. Jeff Gancas is hosting a lunch and dinner club at Balcones discussing current health issues.

Come have some Fun and learn Fascinating Health Facts

Our first dinner meeting is

Thursday, February 11th at 6:30 pm

We will be discussing the five essentials of Living Healthy.

Call 345-7400 to reserve your free dinner seat!

Bring your spouse, or a friend!

Future monthly topics will be on Increased Performance and Function, Weight Loss, Importance of Vitamin D, Essentials of Water, Proper Nutrition, Avoiding Cancer, Diabetes, Cholesterol / Heart Disease, and many more. The group will have input and decided upon which topics are of interest.



JOIN US!

CALL TODAY!

Dr. Jeff Gancas is hosting a free dinner lecture for the first Living Healthy Club meeting. A limited menu will be provided. Please call our office at 345-7400 to reserve your seat.

This dinner meeting will be approximately 1 ½ hours.

Space is limited to 40 guests! Call now!