



FOR IMMEDIATE RELEASE

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**Carolyn Stark Real Estate Team - Keller Williams Fox Cities Sponsors Educational Series:
DownSize Fox Cities**

An Educational Service to Aging Population

What: DownSize Fox Cities: *How to Stay Young and Prevent Falls*

When: Sept 10, 2019 | 530 PM – 630 PM

Where: Sacred Heart Parish | 222 E Fremont St | Appleton

Appleton, WI (8/28/19) — The **Carolyn Stark Real Estate Team-Keller Williams Fox Cities** will host its monthly *evening* DownSize Fox Cities seminar, “How to Stay Young and Prevent Falls”, which is part of our **evening monthly seminar series** held at Sacred Heart Parish in Appleton. The seminar is available to the public. Seminars are complimentary, preregistration can be done online at CarolynStark.com/downsize or by calling Willa at 920-739-3196.

Join Anna Brayton & Dr Amanda Bohn, of Chiropractic Advantage for a dynamic presentation that will cover the fundamentals and the role the spine plays in our overall health, what we can do to prevent back pain, and what we can do to prevent falls. The presentation will give tips, tricks, and take aways to apply to your life so that you can learn to stay young no matter what age. Join us as we help you move well to live well!

Anna Brayton, Practice Representative, from The Chiropractic Advantage has a passion for educating the community in how to live a healthier more quality life. Through a nutritional science degree and passion for Chiropractic care ever since a young age of Chiropractic intervention, Anna loves sharing her knowledge and experience with all.

Dr. Amanda’s chiropractic journey began while in undergrad. Over time, she felt relief from frequent illness, constant headaches, menstrual cramps and occasional ear aches, among other things. Dr. Amanda was hooked. After seeing how far she had come, looking back, Dr. Amanda often wonders where she would be today and what life would be like had she not begun chiropractic care.

Seniors and their families are welcome to attend this informative educational program.

DownSize Fox Cities, an educational series, is a complimentary support service to the community. For more information on DownSize Fox Cities, contact Cindy Novak at 920.460.6680.

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