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TTB-4284-N

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Is pleased to announce a **FREE** Lecture Series On  
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### SCHEDULE:

- Jan. 13, 2004 Arthritis: Alternative Approaches to Preventing & Handling Arthritic Pain.  
Feb. 10, 2004 Natural Solutions to Allergy Problems  
Mar. 9, 2004 Balancing Hormones Naturally - a Holistic Approach to Women's Hormone Related Health Problems  
Apr. 13, 2004: A Drug Free Approach to Treating Learning Disorders (Attention Deficit Disorder & Hyperactivity)

SATURDAY HOURS NOW AVAILABLE BY APPOINTMENT

**Dr. Herbert M. Lonstein, D.C., L.Ac.**

*Most Insurances Accepted*

1 Terrace Hill ☯ Lonstein Professional Building ☯ Ellenville, NY  
Call **647-8866** for your appointment today!