

The Wellness Program of the Dungeness Valley Health & Wellness Clinic presents. . .



FREE COMMUNITY LECTURES

Trinity United Methodist Church  
100 South Blake Street  
Sequim, WA

<p style="text-align: center;"><b>July 12</b></p> <p style="text-align: center;">"Stress and Relaxation, the Yin and the Yang of Life"</p> <p style="text-align: center;">Shelby DePas, ARNP</p>	<p style="text-align: center;"><b>August 9</b></p> <p style="text-align: center;">"Whitewater Navigation of Medications Today"</p> <p style="text-align: center;">Vivian Brown Walgreens Pharmacy Manager</p>
<p style="text-align: center;"><b>September 13</b></p> <p style="text-align: center;">"Elder Law: Simple Steps Towards Peace of Mind"</p> <p style="text-align: center;">D. Michael Hatch, Attorney at Law</p>	<p style="text-align: center;"><b>October 11</b></p> <p style="text-align: center;">"Yoga After 50: 'Yin is In' and Find Out Why"</p> <p style="text-align: center;">Shelley Stratton, RN, E-RYT, YACEP Yin Yoga Certified Teacher, CES</p>
<p style="text-align: center;"><b>November 8</b></p> <p style="text-align: center;">"Small Town, Big Foot: Foot and Ankle Health"</p> <p style="text-align: center;">Dr. Dekker Mc Keever, DMP Coho Foot and Ankle Medicine &amp; Surgery</p>	<p style="text-align: center;"><b>December 13</b></p> <p style="text-align: center;">"Surprise Gifts: Less Hip and Knee Pain"</p> <p style="text-align: center;">Barb Paschal Retired Physical Therapist</p>



*All lectures take place on Wednesdays and begin at 2:30 p.m.*



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**LIVE UNITED**

*Open to all ages!*

[sequimfreeclinic.org](http://sequimfreeclinic.org)