



# Health and Wellness for the New Year

**Lunchtime Series**  
**Wednesday, February 21, 2024**  
**12 noon**  
**Rotary Room**

**This talk will be about integrating health and wellness into your new year. We will discuss movement, mind body connection, and good diet for better cellular function.**

**The talk will be given by Dr. Cathy Brodows. She has served as a wellness practitioner and chiropractor adjusting people back to health for over 25 years. She is a native New Yorker. She brings her knowledge of holistic healing into each patient room and into the community with health talks.**



Fairfield  
Public  
Library

All programs are free and open to the public.  
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