

Empowering Independence: Your Life Your Way

Discover Goodwill has been serving Southern & Western Colorado since 1963, helping individuals achieve greater independence. Like you, we are deeply invested in the success and well-being of our community. To continue that commitment, we are introducing a series of informational workshops with topics designed to help seniors live Your Life, Your Way.

SESSION: “A Healthy You”— New Ideas for Preventative Care

Discover:

- What Direct Primary Care is
- The advantages of Direct Primary Care vs. the familiar insurance provider model
- How to develop strength, improved bone density, better posture and balance
- How to have less joint and back pain with no injections and no medications
- How good dental health affects the rest of your overall health
- And much, much more

WHEN: Wednesday, October 24, 2018
10:00 to 11:30 a.m.
Light refreshments will be served

WHERE: Discover Goodwill
1460 Garden of the Gods Road, Colorado Springs CO 80907

RSVP: RSVP by October 23 to Kristin Amundson as seating is limited:
719-635-0616 or kamundson@discovermygoodwill.org
This session is informational—no sales promotion will be included.

SPEAKERS:



Dr. Dave Rogers, M.D. with Alpenglow Family Medicine

Dr. Rogers is a Board-Certified Family Physician who loves being a doctor. He believes that “people aren’t numbers, and numbers aren’t people.” He specializes in Direct Primary Care which allows him to practice in his strength, to maximize the health, wellbeing, and life enjoyment of his patients. The Direct Primary Care model provides great value when you have ready access to your physician.

Phone: 719-260-1161 • **Email:** alpenglowmd@gmail.com



Tiffany Canady, Owner of OsteoStrong

Tiffany’s goal is to educate, support and empower everyone she works with! She is driven to provide the community with an alternative solution to heal themselves without depending on pain medications and injections. Tiffany is a Peer Educator with American Bone Health, and owner of OsteoStrong in Colorado Springs.

Phone: 719-422-9760 • **Email:** canady@osteostrong.me



Dr. Daniel Koplow D.D.S., Owner of Victory Dental

Dr. Daniel Koplow is committed to protection, creating, and restoring healthy smiles for his patients. He believes in the power of transformative care and knows that it starts with education. He goes the extra mile to make sure his patients are fully educated on their specific circumstances and treatment plan, allowing them to be in the driver’s seat of their care.

Phone: 719-473-9222 • **Email:** info@VictoryDentalGroup.com

Stay tuned for more informational sessions coming soon.