

PLEASE SEE ANGIE
FOR YOUR RECIPE

4:30-4:45

REGISTRATION

PLEASE ARRIVE WITH
ALL ENTREES DURING
THIS TIME.

5:00-5:30

TIME TO ENJOY

TIME TO ENJOY ALL
THE AMAZING HEALTHY
RECIPES EVRYONE HAS
PREPARED AND BE
BLOWN AWAY BY HOW
INCREDIBLE THEY ALL
TASTE!

5:30-7:00

ADVANCED TALK

HOW DO YOU SURVIVE
THE HOLIDAYS
WITHOUT STRESS, OVER
EATING,
OVERSPENDING AND
GETTING SICK. YOU'RE
GOING TO RECIEVE ALL
THOSE ANSWERS.

REGISTRATION IS

REQUIRED BY

11-11-2020

OPEN TO THE PUBLIC

DON'T FORGET YOUR

ACCOUNTABILITY

PARTNER.

SURVIVING THE HOLIDAYS 2020 POTLUCK

OUR SPEAKERS



MATT PAMER
CHIROPRACTOR



JENNY PAMER
CHIROPRACTOR



MEGAN WALKER
CHIROPRACTOR



ANDY BEARE
PASTOR

SPECIAL GUEST SPEAKER: DR. BEN LERNER
2 TIME BEST SELLING AUTHOR WITH MILLON OF
BOOKS SOLD

DATE: WED 11-18-2020

TIME: 5:00PM

WHERE: HEARTLAND CHURCH

Contact Angie to register at pamerwest@yahoo.com or 419-529-2703

David C. Pamer, Doctor of Chiropractic & Mathias G. Pamer, Doctor of Chiropractic
300 Lexington-Springmill Road S.

Mansfield, OH 44906

(419) 529-2703