

Grampian Hills February News

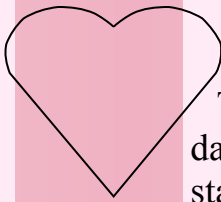
How to Stay Young Class with DeWald Chiropractic

Did you know...

- *The average life span today is 77.6 years and growing!!
- *Studies reveal that by 2050, 800,000 people will be living to be over 100 years old.
- *The most common cause of functional disability is "spinal disorder"
- *This class will teach you how to avoid and prevent spinal disorder in preparation so you can enjoy your extended life!

DeWald Chiropractic will be here on Wed. Feb. 15th from 12:00-2:00 to present how to stay young. They will also be conducting FREE SPINAL screenings.

Please r.s.v.p. to the rental office if you can make the class.



TACO TUESDAY

Join us for soft shell and hard shell tacos. We will have chicken and beef along with toppings and sides.

This day is also known as "Fat Tuesday" or "Shrove Tuesday" so you can start the Mardi Gras celebration with some yummy tacos.

Please r.s.v.p. to the rental office if you plan to join us.

Tuesday February 21st at 12:00



The community building is available to rent for your personal use. Call the office to reserve the date.

Dates are filling up fast for the holidays and special events.

You have access to a full kitchen, a 56" tv and plenty of room for guests along with a playground and patio.

The price of stamps went up again and your time is valuable. Save time and money by having your monthly rent payment automatically deducted from your checking account on the 1st of each month.

Contact the rental office for additional information