You're invited to our Doc Talk: Importance of Supplements, Natural Foods & Healthy Lifestyle

Presented by Dr. Salman Khan



Importance of Supplements

Friday, September 9, 2022, 10:00 a.m. - 11:00 a.m.

Las Palmas Park

505 S. Huntington St., San Fernando, CA 91340

Most Americans often do not get all of the daily nutrition that their bodies need to stay healthy. Supplements provide added benefits to help maintain your overall health along with preventing heart disease and other conditions. Learn how supplements can help boost your immune system, give you more energy, and keep you feeling your best.

Importance of Natural Foods

Friday, October 14, 2022, 10:00 a.m. - 11:00 a.m.

Las Palmas Park

505 S. Huntington St., San Fernando, CA 91340

Natural foods often have more beneficial nutrients than conventionally grown food. Learn about the importance of eating foods that are less processed without particular additives such as hormones, antibiotics, sweeteners, food colors, preservatives, or flavorings.

Healthy Lifestyle

Friday, December 9, 2022, 10:00 a.m. - 11:00 a.m.

Las Palmas Park

505 S. Huntington St., San Fernando, CA 91340

A healthy lifestyle keeps you fit, energetic and at reduced risk for disease. Learn how healthy living can help you enjoy more aspects of your life.



Dr. Khan has been serving Los Angeles and the San Fernando Valley for more than 20 years. His focus is on primary care, men and women's health, and weight management. He also provides routine DMV physicals and wellness visits.



Bring your health and wellness

questions for a chance to **win a \$10 gift card!**

To RSVP, visit

HealthyWayEvents.com. Call Nelly Leng at (818) 798-8384 for further information or questions about these events.

Visit HealthyWayEvents.com to see a full list of FREE programs, classes, and events in your area.





