

## Community Wellness Day

Please allow me to introduce myself. My name is Dr. Jack D Hinderman, and I am the director of Family First Chiropractic Wellness Center, in Dubuque. I have been selected as the proud host and coordinator of Dubuque's, "Community Wellness Day". Our event will be held on October 3, 2010 at Eleanor Roosevelt Middle School, from 12-3.



Community Wellness Day is a national event focusing on educating the members of our community on very important information which is critical to the total wellness for our residents. We will be sharing an array of information on health, safety, environmental and financial wellness. This event will be taking place in many cities nationwide during a 4 week period of fall of 2010. Our political leaders will be recognizing this as an important day in our community to empower people to take back responsibility for their families well being. The local law enforcement will be on hand to provide important id information for children, families and seniors. The local fire department will be providing fire prevention and safety information. Various community agencies will be participating and sharing their programs on car seat safety, bicycle safety, internet safety, identity

fraud protection, financial literacy info, health screenings, drug/ alcohol awareness information, senior services information, and much more. There will be information available for all ages of our community. Admission to the event is FREE. There will also be food, fun & entertainment.

We have chosen Every Child | Every Promise as the beneficiary of our event.



The health care crisis is not going to be solved in Washington. It is going to be solved in our community through education, awareness, and people making lifestyle changes. I continue to work very hard in our community to give people the tools they

need to take back responsibility for their family's health and wellbeing.

It is for this reason that I am so proud to be bringing this event to our town.

I cannot do it alone. I know that each and every one of you values the future health and prosperity of our community. I will welcome any support that you can offer, as a resident or business member of Dubuque.



For more information on how you can support and participate in Dubuque's FIRST "COMMUNITY WELLNESS DAY", contact Dr. Jack Hinderman or his team at Family First Chiropractic Wellness Center. Phone: 563.556.6921 / Email: [hindermanchiropractic@gmail.com](mailto:hindermanchiropractic@gmail.com) / Address: 998 Fremont Ave. Ste. L1, Dubuque IA, 52003