



# **HEALTHWISE CLINIC**

## **COMMUNITY HEALTH EDUCATION**

### **FREE CLASS AND CLINIC**

#### **THIRD MONDAY OF EVERY MONTH,**

2:00 PM – 3:00 PM, Arizona Time (Pacific ST in Summer, Mountain ST in Winter)  
4:00 PM Eastern Winter Time, 5:00 PM Eastern Summer Time  
3:00 PM Central Winter Time, 4:00 PM Central Summer Time  
2:00 PM Mountain Winter Time, 3:00 PM Mountain Summer Time  
1:00 PM Pacific Winter Time, 2:00 PM Pacific Summer Time  
[time zone converter: <https://www.worldtimebuddy.com>]

#### **IS NOW VIRTUAL IN OUR ZOOM ROOM**

<https://zoom.us/j/6600570113>

Alternatively, you may call into the Zoom Room  
with +1 (346) 248-7799 and Meeting ID: 660 057 0113.

**DISCOVER HOW TO IMPROVE YOUR HEALTH INCLUDING HOW  
ENERGY AND ASIAN MEDICINE WORKS  
FACILITATED BY NURSE HEIDI AND DR. DENNIS**

**TOPICS OF DISCUSSION ARE OPEN TO WHOM SHOWS UP AND ASKS  
QUESTIONS. WE TEACH HEALTH SCIENCE ABOUT WELL-BEING.**

**IN THIS CLINIC, WE DO NOT CURE, TREAT, OR DIAGNOSE ANY  
ALLOPATHIC, WESTERN DISEASE.**

If you have any questions and to request your email be placed on our invitational flyer  
email list, please contact Nurse Heidi,  
(310) 902-4555 or [heidilobsteinnurse@gmail.com](mailto:heidilobsteinnurse@gmail.com)

