



345 West 600 South  
 Suite #401  
 Heber, UT 84032  
 435-657-3696

# JULY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Dr. Dummar's Hours:</b> Monday 9-4 Tuesday 8-5 Wednesday 9-7 Friday 7-12	<b>Dr. Mahoney's Hours:</b> Tuesday 9-12 Thursday 9-5	<i>We are closed for lunch between 12:15-1:45 each day</i>				1
2	3 <b>CHW CLOSED</b>	4 	5 Community Acupuncture <b>**NEW 12:00 p.m.**</b> 5:00 and 6:00 p.m.	6 <b>Kid Day</b> <b>\$28.00</b> <b>Adjustment Day</b>	7 <b>Massage</b> Community Acupuncture 9:00 a.m. and 10:00 a.m.	8
9	10 <b>Cranial Sacral Therapy</b> <b>Yoga Therapy</b> <b>Massage</b>	11 <b>Yoga Therapy</b> <b>MEDITATION</b> Community Acupuncture 5:00 p.m.	12 Community Acupuncture <b>**NEW 12:00 p.m.**</b> 5:00 and 6:00 p.m.	13 Community Acupuncture 9:00 a.m. and 10:00 a.m.	14 <b>Massage</b> <i>Dr. D is out of the office</i>	15
16	17 <b>Cranial Sacral Therapy</b> <b>Yoga Therapy</b> <b>Massage</b>	18 <b>Yoga Therapy</b> <b>MEDITATION</b> Community Acupuncture 5:00 p.m.	19 Community Acupuncture <b>**NEW 12:00 p.m.**</b> 5:00 and 6:00 p.m.	20 <i>Dr. M. is out of the office</i>	21 <b>Massage</b> Community Acupuncture 9:00 a.m. and 10:00 a.m.	22
23	24 <b>CHW CLOSED</b>	25 <b>Yoga Therapy</b> <b>MEDITATION</b> <i>Dr. D is out of the office</i>	26 <i>Dr. D is out of the office</i>	27 <i>Dr. D is out of the office</i>	28 <b>Massage</b> Community Acupuncture 9:00 a.m. and 10:00 a.m.	29
30 	31 <b>Cranial Sacral Therapy</b> <b>Yoga Therapy</b> <b>Massage</b>	"We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness." --Thomas Jefferson				