

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



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|---|
| | | 1 Massage Cranial Sacral Therapy YOGA Therapy GuaSha Therapy Community Acupuncture 5:00 p.m. Meditation 7:00 | 2 Blood Lab Draws- GuaSha Therapy Community Acupuncture 12:00, 5:00 & 6:00 p.m. | 3 Kid Day \$28.00 Adjustment Day | 4 Massage Facial Rejuvenation Community Acupuncture 9:00 and 10:00 a.m. | 5 |
| Dr. Dummar's Hours: Tuesday 8-5 Wednesday 9:30-7 Friday 7-2 | 7 YOGA Therapy Cranial Sacral Therapy Nutrition Consult | 8 Massage Cranial Sacral Therapy YOGA Therapy GuaSha Therapy Community Acupuncture 5:00 p.m. Meditation 7:00 | 9 Blood Lab Draws- GuaSha Therapy Community Acupuncture 12:00, 5:00 & 6:00 p.m. | 10 GuaSha Therapy Nutrition Consult | 11 Massage Facial Rejuvenation Community Acupuncture 9:00 and 10:00 a.m. | 12 Free Nutrition event! Shop for Health: What to Buy at the Store Natural Grocers Heber 11:00 am-12:00 pm |
| | 14 YOGA Therapy Cranial Sacral Therapy Nutrition Consult | 15 Massage Cranial Sacral Therapy YOGA Therapy GuaSha Therapy Community Acupuncture 5:00 p.m. Meditation 7:00 | 16 Blood Lab Draws GuaSha Therapy Community Acupuncture 12:00, 5:00 & 6:00 p.m. | 17 GuaSha Therapy Nutrition Consult | 18 Massage Facial Rejuvenation Community Acupuncture 9:00 and 10:00 a.m. | 19 How to Be Your Own Energy Healer Workshop with Cyd 7-9 pm |
| Dr. Mahoney's Hours: Tuesday 8-3 Thursday 9-5 | 21 YOGA Therapy Cranial Sacral Therapy Nutrition Consult | 22 Massage Cranial Sacral Therapy YOGA Therapy GuaSha Therapy Community Acupuncture 5:00 p.m. Meditation 7:00 | 23 Blood Lab Draws- GuaSha Therapy Community Acupuncture 12:00, 5:00 & 6:00 p.m. | 24 GuaSha Therapy | 25 Massage Facial Rejuvenation Community Acupuncture 9:00 and 10:00 a.m. | 26 |
| Closed for lunch Monday 12-2 Wednesday 12-3 Thursday 12-2 | 28 CHW Closed | 29 Dr. D in from 8-2 Massage Cranial Sacral Therapy YOGA Therapy GuaSha Therapy Meditation 7:00 | 30 Blood Lab Draws GuaSha Therapy Community Acupuncture 12:00, 5:00 & 6:00 p.m. | 31 GuaSha Therapy | | |