

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

November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Dr. Dummar's Hours:</i> Monday 9-4 Tuesday 9-5 Wednesday 9:30-7 Friday 7-4</p>	<p><i>Dr. Mahoney's Hours:</i> Tuesday 8-3 Thursday 9-5</p>	<p>Massage Yoga Therapy Cranial Sacral Therapy</p> <p>COMAC 5:00 p.m. Meditation 7:00</p>	<p>1 Blood Lab Draws</p> <p>COMAC 12:00 p.m. 5:00 p.m. 6:00 p.m. GuaSha Therapy</p>	<p>2 Nutrition Consult</p> <p>Kid Day \$28-00 <i>Adjustment Day</i></p>	<p>3 Massage Facial Rejuvenation</p> <p>COMAC 9:00 a.m. 10:00 a.m.</p>	4
	<p>6 Blood Lab Draws</p> <p>Cranial Sacral Therapy Yoga Therapy Nutrition Consult</p>	<p>7 Massage Yoga Therapy Cranial Sacral Therapy</p> <p>COMAC 5:00 p.m. Meditation 7:00</p>	<p>8 Blood Lab Draws</p> <p>COMAC 12:00 p.m. 5:00 p.m. 6:00 p.m. GuaSha Therapy</p>	<p>9</p> <p>GuaSha Therapy</p> <p>Nutrition Consult</p>	<p>10 Massage Facial Rejuvenation</p> <p>COMAC 9:00 a.m. 10:00 a.m.</p>	<p>11</p>
<p>12</p> <p><i>CHW is Closed for lunch every day from 12:20-1:40 and 12:20-2:40 on Wednesdays</i></p>	<p>13 Blood Lab Draws</p> <p>Cranial Sacral Therapy Yoga Therapy</p>	<p>14 Massage Yoga Therapy Cranial Sacral Therapy</p> <p>COMAC 5:00 p.m. Meditation 7:00</p>	<p>15 Blood Lab Draws</p> <p>COMAC 12:00 p.m. 5:00 p.m. 6:00 p.m. GuaSha Therapy</p>	<p>16</p> <p>GuaSha Therapy</p>	<p>17 Massage Facial Rejuvenation</p> <p>COMAC 9:00 a.m. 10:00 a.m.</p>	18
<p>19</p>	<p>20 Blood Lab Draws</p> <p>Cranial Sacral Therapy Yoga Therapy</p>	<p>21 Massage Yoga Therapy Cranial Sacral Therapy</p> <p>COMAC 5:00 p.m. Meditation 7:00</p>	<p>22 Blood Lab Draws</p> <p>COMAC 12:00 p.m. 5:00 p.m. 6:00 p.m. GuaSha Therapy</p>	<p>23</p> <p>CHW CLOSED</p>	<p>24</p> <p>CHW CLOSED</p>	<p>28</p>
<p>26</p>	<p>27 Blood Lab Draws</p> <p>Cranial Sacral Therapy Yoga Therapy Nutrition Consult</p>	28	29	30	<p>COMAC: Community Acupuncture</p>	