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DICKINSON ROTARTY CLUB BREIF

INVOCATION: Thank you, God, for the few times this day we were able to love others just a little better than we did yesterday. Help us tomorrow to love just a little bit better than we did today.
Amen

BIRTHDAYS: (Ask the members)

LAST MEETING SPEAKER:



Dr. Marvin Eberts of HealthSource
Chiropractic and Progressive Rehab

SPEAKER SUMMARY:

Dr. Marvin Eberts spoke about chiropractic health, which is about educating and adjusting people for their optimum health. It is clear that healthcare in the United States isn't working with diseases such as diabetes on the rise and overmedicating occurring on a regular basis.

A significant portion of Dr. Eberts practice is the area of subluxation. There are several causes with the most common being falls, stress, poor posture, poor nutrition and experiencing birth. Pain by itself is a poor yardstick with which to measure one's health. Signs of subluxation in a person

could be such things as a head tilt, pelvic height and shoulder height, none of which may actually produce pain.

How do we get better? Proper exercise, proper posture, proper nutrition and a positive mental attitude all go a long way toward better overall health. Three supplements Dr. Eberts suggests would be Essential Omega 3 fatty acids, Probiotics, and Vitamin D.

SPECIAL NOTES:

Kris Fehr received her Paul Harris +3

VISITORS:

Dale Hansen guest of Glenice Hansen

Josh Nichols brought two DSU staff people – Marie Moe and Michelle Wilson

Guest of Mark Billings was Renee Polensky

Teha Weyer was guest of Todd Otto

GREETERS THIS WEEK: **Kari Shea, Paul Steffes**

GREETERS NEXT WEEK: **Denise Steinbach, Vicky Steiner**

INVOCATION THIS WEEK: **Dawn Pruitt**

INVOCATION NEXT WEEK: **Stephony Reger**

PROGRAM THIS WEEK: **DSU Athletics, Tim Daniel**

PROGRAM NEXT WEEK: **Matt Purdue, DSU Student**