



LIFE ALIGNED
WELLNESS CENTER

February Events

Natural and Permanent Weight Loss Solution-ZOOM WEBINAR

Did you know that only 20% of dieters succeed in maintaining the weight loss they achieve during a diet? Have you ever wondered why this is?

Too many people today focus their energy on the WRONG side of weight loss - restriction, extremes, and unnatural methods or supplements. It doesn't have to be this way - you can achieve sustainable weight loss naturally by becoming aware of your body's needs and tending to them in a way that helps you reach a state of optimum health and balance.



Feb. 4th
1:00 pm

Stem Cell Rage

Join Dr. Cox as he explains the Stem Cell RAGE and if it's really all it's cracked up to be. If you're in pain or considering surgery... You NEED to come to this free dinner seminar first. The information in the Workshop and Dinner will be absolutely EYE OPENING! Hosted at Sheraton Hotel, this is a FREE event for the community and includes a delicious FREE DINNER. Multiple guests allowed. Must register to attend. Seats will fill FAST!



Feb. 4th
6:30 pm

Why Everything You Know About Cholesterol is Wrong- ZOOM WEBINAR

For the past six decades, the U.S. dietary advice has warned against eating cholesterol-rich foods, claiming dietary cholesterol promotes arterial plaque formation that leads to heart disease. We now have overwhelming evidence to the contrary, yet dogmatic thinking can be persistent, to say the least.

After decades' worth of research failed to demonstrate a correlation between dietary cholesterol and heart disease, the 2015-2020 Dietary Guidelines for Americans finally addressed this scientific shortcoming, announcing "cholesterol is not considered a nutrient of concern for overconsumption."

Feb. 18th
1:00 pm

Sweetheart Dinner with the Docs

Dinner at the Sheraton, Q&A with Drs. Kalaba and Cox - Learn why the docs do what they do and ask all your burning questions.

Exclusively for active practice members and their guests. This is a chance to be in community, eat good food, and have great conversation in honor of all those practice members who support what we do and help us carry out our purpose in the Tucson community. Let us CELEBRATE you!

Must RSVP! Must bring guest new to LAWC to attend. Seating is limited to 50 people.



Feb. 18th
6:30 pm

Practice Member Appreciation Event

FREE 5-minute Chair Massage

We are thankful for you! Please enjoy a FREE chair massage on us! One of our therapists will be available from 2-3 pm.



Feb. 19th
2-3 pm

Monthly Metabolic Mastermind Class

This is a class for existing people on the program, and they can bring guests that may be interested in learning more. We will talk about topics those in program may be struggling with and come together to share recipes, to educate and empower each other. The purpose is to connect and inform existing and potential clients about the program and build a sense of community.



Feb. 19th
6:30 pm