

# EVENT CALENDAR

Iowa City  
(319) 351-9345

1404 Gilbert Street  
Iowa City, IA52240

MAY

16

Thu  
6:15pm  
to  
7:15pm

## **Autoimmune**

*by Dr. David Gray, The Wellness Way - Coralville*

Your body is not broken. RA, Psoriasis, Crohn's, Hashimoto's, Lyme, Celiac, Endometriosis, Fibromyalgia, Lupus, MS, Eczema... list goes on. There are over 100 autoimmune diseases! Odds are you have been told there is nothing you can do about autoimmunity, but that could not be further from the truth. Transform your health by learning how inflammation is involved in every autoimmune process, no matter the diagnosis.





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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

# **THE RESPIRATORY ROCKSTAR\*\***

**By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.\*\***

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