

NU Fitness & Recreation's

lunchtime educational series presents . . .

LIVING WELL WITH ALLERGIES**Wednesday, April 23****12:10 - 12:50pm**

The allergy season is upon us--frequent sneezing, runny noses, itchy eyes, wheezing--affecting more and more people every year. Allergies of all kinds can not only make a person uncomfortable, but can actually prevent some from pursuing an active lifestyle. Join Dr. Ashlin Gasiorowski, D.C. of *Chiro One Wellness Centers* and learn the signs, symptoms, and causes for allergies, the various types of allergic diseases, tips for controlling allergens and irritants, and medical treatments available. Learn the latest on this annual nuisance!

A **FREE light lunch** will be available to those in attendance. Pre-registration recommended. For more information, call **(847) 491-4303**.

Location

Northwestern University, Sports & Aquatics Center,
2311 Campus Drive,
Evanston IL, 60208