

Is pain keeping you from enjoying the things you used to love?

Pain can take the joy out of any activity and leave you avoiding what you love doing – wouldn't it be great to reclaim those lost pleasures and put the quality back into your life. It may be easier than you think . . .

Are you dealing with:

ARTHRITIS OR JOINT PAIN (4/13 & 6/15)

SHOULDER PAIN (3/23)

KNEE PAIN (3/2 & 5/4)

SCIATICA (1/9 & 4/6)

Dr Orta can introduce you to holistic therapies, lifestyle changes or “life-hacks” that can increase the quality of your life and potentially get you back to doing what you love.

Come see the potential of tomorrow, today.



Are you having issues with mobility?

Maybe your feet are too painful to walk on; whether you're dealing with pain or burning – or maybe you don't feel enough and that numbness is making you feel unsteady and prone to falling . . .



Are you suffering from:

NEUROPATHY (2/23 & 4/6)

PLANTAR FASCIITIS (2/16 & 4/20)

There are exercises and treatments that can assist in healing the damage and increasing your mobility – Isn't that worth an hour of your time?

Master the
Possibilities™

A Not-for-Profit Lifelong Learning Center

Register 24/7 online at

www.masterthepossibilities.org

or call (352) 861-9751

Do you have days where you're not feeling your best?

I think we all do. Sometimes the solution could be as simple as a glass of water . . .

Is it:

HEADACHES (5/11)

INSOMNIA (2/2 & 4/27)

DECREASED ENERGY (3/9)

DIGESTION ISSUES (1/26 & 5/18)

THYROID PROBLEMS (2/9 & 6/1)

We sometimes think these are just things we have to suffer through – just that thorn we have to bear. Dr Orta has good news – many of these things can be alleviated through simple changes in our lifestyle – maybe a little ice pack, or a glass of water (properly timed?). Come see what little changes can make a big difference in your day.

