



FOR IMMEDIATE RELEASE

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HOPE LUTHERAN CHURCH IN CRANBERRY SPONSORS FREE SEMINAR ON HEALTH AND WEIGHT MANAGEMENT

April 29, 2010 – CRANBERRY TOWNSHIP: Hope Evangelical Lutheran Church, Cranberry Township, is sponsoring a free workshop titled “**Health, Stress and Weight Management**” at 7:30 p.m. Tuesday, May 25, at the church on Rowan Road. The program will be presented by Conan J. Shaw B.S., D.C., C.N.C., a Cranberry Township-based chiropractor and clinical nutritionist.

Dr. Shaw will focus on the biochemistry and science of overall optimal health, weight loss and the role of stress in weight gain. In his 12 years of practice, Dr. Shaw has focused on clinical nutrition, helping people treat disease through diet change and vitamin therapies. He also sees a significant amount of patients who are managing their weight.

“I strive to have people truly understand the reason for their health concerns,” Dr. Shaw said. “I am focused on education about disease and true correction of the cause of disease, and that’s what we’ll talk about during my program at Hope.”

Interested people should contact the Hope Lutheran Church office at 724-776-3141 for more information and to register. They also may go to www.hopelutherancranberry.org for details. Hope Lutheran Church is located at 8070 Rowan Road, just off Route 19, in Cranberry Township.