

May 3, 2017 – Grand Rapids, MI

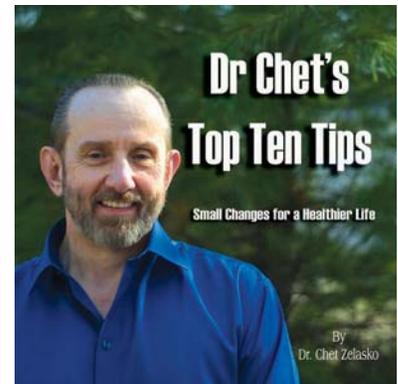
Top Ten Tips: Free!

When you're hit with a serious disease or condition, you're forced to change your life quickly. But what if you could make a few simple changes to your lifestyle, one at a time, that just might prevent some serious conditions from happening in the first place?

My [Top Ten Tips—Small Changes for a Healthier Life](#) gives you some minor changes in your habits that can help you do just that, and I'm giving you those *Top Ten Tips* FREE. It's an MP3 that you can download and listen to over and over until you make healthier habits a part of your lifestyle.

Why free? Because you've been a subscriber to my messages. Beginning this week, I'm offering *Dr. Chet's Top Ten Tips* for free to any new subscriber to the message. I want to make sure that those of you who've been with me get the same opportunity.

So click on this [link](#) and enjoy my *Top Ten Tips*. Good health is a series of small changes done every day. Here's your chance to get moving toward better health.



What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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