



Dr. Tomas Gigena, MD
Primary Care &
Cellular Detox Expert

Monthly Men's Health Wellness Talk



Dr. Grant Headley, DPT
Physical Therapy & Men's
Pelvic Health

Tuesday, August 12 - 6:00-7:00pm
Evergreen Factor, Lake Oswego

Join us! It's Man Cave time!

We will talk about how to enhance health for optimal pelvic function. We will dive into testosterone, prostate, and the pelvic floor.

It is not taboo to talk about the things that affect you.

To RSVP
call 844.433.2286,
text 503.809.5301
or email
info@evergreenfactor.com

Complimentary
3D Body Scan
for every
attendee!



JOIN US!

Monthly Wellness Talk

Hearing Loss & Cognitive Health

Dr. Tomas Gigena, MD

Tuesday August 19
6:00-7:00pm



Explore the inner ear, hearing, and their effects on cognitive health. Discover our Lumomed Laser therapy. Q&A session. Evergreen Factor is one of four USA centers with this advanced technology. *Every attendee gets a free hearing test and consultation.*

To RSVP call 844.433.2286, text 503.809.5301
16555 Boones Ferry Road, Suite 200, Lake Oswego



Join Us **Blue Poo Results Workshop**

**Thursday, August 21
6-7pm**

Join us for a night of learning with Dr. Tomas, MD as he discusses how to interpret the BLUE POO results and digestive health.. He will talk about microbiome health, leaky gut, constipation, and malabsorption. Plus tips for a fall gut reset.



**To RSVP
call 844.433.2286 or text 503.809.5301**



Join us Blue Poo Challenge!

August 4 – 30



Test your digestive health using a natural blue spirulina pigment and look for the vibrant blue stool or urine to assess your gut transit time. It is that easy.

Step 1: Text **I AM IN** to 503.809.5301
or sign up in center

Step 2: Set a start date.

Take the **BLUE POO** capsules in morning.

Step 3: Wait and watch urine and bowel movements

Step 4: Document time when see color change

Step 5: Attend Blue Poo Results Workshop
on **August 21, 6-7pm**

Members \$50 | Guests \$65

