

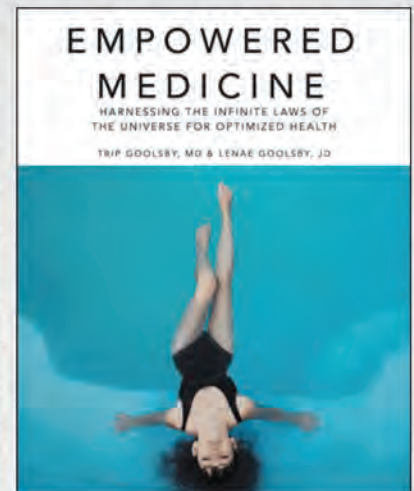


NOVEMBER 2017
WALNUT GROVE
GAZETTE

Merchant of Walnut Grove Spotlight:



Infinite Health Integrative Medicine Center has a new publication! You can find *Empowered Medicine: Harnessing The Infinite Laws Of The Universe For Optimized Health* By Trip Goolsby MD and LeNae Goolsby JD is written as a guideline to transformation for all those who may (or may not) recognize the role they can have in creating the health they truly desire, regardless of the health that they currently have. Reading and using the exercises provided in this book will usher in enhanced abilities to focus on desired outcomes and the means to attain them. It will be a means by which we may all be empowered to not only achieve the health we desire but to activate our imaginations and beliefs to manifest the environment and trappings of that successful health image. It is an important affirmative, mindful, complementary step in the direction of self-realized health, healing, and well-being, harnessing empowered awareness to acquire the long-lasting quality of life and the healing of illness we all deserve. Empowered Medicine is for those who are sick of being sick, who are ready to take their healthcare and their personal power back and to a level not previously perceived or experienced in the current mass production reactive medical model. Using a highly successful platform, Empowered Medicine provides the transformational mindfulness that it takes to push past previously held limiting perceptions of health and fitness in order to truly step into optimized health and longevity.



You can grab your copy here:

[amazon.com/Empowered-Medicine-Harnessing-infinite-optimized/dp/1504385365](https://www.amazon.com/Empowered-Medicine-Harnessing-infinite-optimized/dp/1504385365)



WALNUT GROVE
- A TRADITIONAL NEIGHBORHOOD -



UPCOMING EVENTS

• **November 2nd Groovin At The Grove, starts at 5:30pm**

Thursday, November 2nd come out to Walnut Grove Lake Charles for the newest concert series in the Lake Area. Music by GTO & Rosedown Rockers! We'll have local brews, food trucks, and more! This is FREE event, so bring your chair or blanket and enjoy the family fun! -No Ice Chests-

• **November 4th- Walnut Grove 5K & Nutty Fun Bubble Run 8:00am-11:00am**

Come run and have fun with us at Walnut Grove for the 5th annual 5K & Nutty Fun Run benefiting Bishop Noland Episcopal Day School's Eagle Fund! We will have a 5K, Nutty Fun BUBBLE Run, activities for kids, music, food and more!

• **November 18th- Greater Lake Charles Rotary Club Turkey Trot 5K 7am-11am**

The Greater Lake Charles Rotary Club invites you to support education in our community! The Turkey Trot 5K and Kid-K will benefit student scholarships at McNeese State University and SOWELA Technical Community College. This will be a 5 kilometer fun run/walk with a 1 kilometer kid race. Come join this family friendly event on the Saturday before Thanksgiving for your chance to win a frozen turkey!

• **November 30th Walnut Grove Institute's Art Exhibition Opening Artists Reception**

Join us for wine and light hors d'oeuvres as we celebrate the Third Quarter Art Exhibit open.

NEIGHBOR NEWS



Majestic Hall
AT WALNUT GROVE

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restaurant
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CALLA'S CORNER

With quality, locally sourced ingredients, we put our own Calla spin on some of Southwest Louisiana's favorite dishes like the fan favorite Filet of Angus beef with smoked onion and tomato ragout, white bean puree and pickled jalapeno. We have live music every Wednesday night, cozy atmosphere, and superior handcrafted cocktails; it's more than a night to remember.

Make it a Calla Night.



1400 Market St, Floor 2 · Lake Charles, LA 70601

337-419-1980

REAL ESTATE UPDATE

For the first time ever, Lots are available for purchase in Walnut Grove; waterfront, water view, and park view are available. Act fast because there are only 8 remaining! Call Abby Cagle (337-532-0401) or Greg Wise (337-304-2492) for pricing and more information!

