

FALL BEMER Events

Are you open minded to a non-invasive way to improve your health? Join us to experience a BEMER session, learn, and engage with other BEMER users.

In-Home Events

Tues Oct 23, 7pm & Tues, Nov 13, 7pm

We host monthly, small group BEMER Experiences in my home or yours.

RSVP to Barb at 515-770-3844 or email barb.mendoza@bemermail.com

FITNESS By Design Events

Fri Oct 12, noon

Speakers: Michael Varbaek & Diane Haworth

Held at FBD- Studio West at 4715 Grand Ave

Public Events

Thurs Oct 11, 7pm & Thurs Nov 1, 7pm

Speakers: Michael Varbaek & Diane Haworth

Held at Coldwell Bankers office

8825 Northpark Ct in Johnston.

Free BEMER sessions 6-7pm

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