



TEMPLE BETH SHALOM OF BOCA RATON

19140 LYONS ROAD, BOCA RATON, FL 33434 PHONE 561-483-5557

HEALTH & WELLNESS

LUNCH & LEARN

WEDNESDAY, OCTOBER 28, 2026 @ 10AM

Dr. Matt McNabb will bring a healthy and inspiring message of health for all in attendance. He believes everyone deserves the chance to be healthy. Let us help you thrive !



Dr. McNabb has been helping people improve their health for over 13 years. Through private practice & his lunch & learn programs, he's inspired thousands of people in over 500 companies to get proactive with their health, reduce pain/symptoms, lose weight and thrive. His events are informative, fun and free.

Make your reservation by Oct. 23, 2026 in the office or by calling 561-483-5557.