



FREE SEMINARS
using the
Mind & Body Approach

*******Wednesdays @ 6pm*******

July 11

DIY- Acai Bowls

July 25

CBD- **Robert Genco, product educator PlusCBD Oil**

August 15

What is a Carbohydrate?

August 29

Food Allergies, Intolerances & Sensitivities

September 12

Mindful Meditation- **Connie Martindale, LCSW**

September 26

Good Fats vs. Bad Fats

CALL TO RESERVE YOUR SEAT 609-383-1107