



is pleased to offer:

Healthy All Winter



**Learn ways to stay healthy this winter-
using items you may already have on hand:**

- Healthy Winter Foods and Recipes
- Aromatherapy Blends
- Vitamins & Supplements
- Stretching and Chair Yoga
- And more!

This Seminar is held at: The Cardinal Golf Club, Kettleby, Ontario
2740 Davis Drive West (formerly Hwy 9)

**Please call to reserve upcoming dates or to
schedule at your location!**

Contact: U.S. [877-330-9988](tel:877-330-9988) • Canada [905-727-6223](tel:905-727-6223)
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