

# UPCOMING EVENTS

## SUPPORT YOUR BRAIN TO KEEP YOUR MEMORY SHARP

By Valerie Hall, C.N.H.P.

### CARLSBAD

TUESDAY, MARCH 14<sup>TH</sup> | 6:30-8:00 PM

## DETOXIFICATION FOR OPTIMAL HEALTH

with Sabrina Koperski, N.D.

### CARMEL VALLEY

WEDNESDAY, MARCH 22<sup>ND</sup> | 6:30-8:00 PM

## HEALTHY WEIGHT LOSS

By Sandi Star, H.H.P., C.N.C.

### 4S RANCH

THURSDAY, MARCH 16<sup>TH</sup> | 6:30-8:00 PM

## LEARN HOW HOMEOPATHY CAN HELP REGULATE THYROID & BOOST METABOLISM

with Gabrielle Traub and Samantha Conboy,  
Certified Classical Homeopaths at San Diego Homeopathy

### HORTON PLAZA

THURSDAY, MARCH 23<sup>RD</sup> | 6:30-8:00 PM

## PLANT-BASED POWER FOODS

By Kathleen Kastner, M.S., Food for Life Instructor

### ESCONDIDO

TUESDAY, MARCH 21<sup>ST</sup> | 6:30-8:00 PM

## WHAT'S COOKING?

FREE  
CLASS

# PALEO

Date: Wednesday, March 15th | Time: 6:30 p.m.

ORGANIC INGREDIENTS USED WHENEVER POSSIBLE!

Seating is limited for all educational seminars; please sign up in advance in the vitamin dept.

CARLSBAD - 760.334.7755

ESCONDIDO - 760.489.7755

4S RANCH - 858.432.7755

CARMEL VALLEY - 858.793.7755

WESTFIELD HORTON PLAZA - 619.308.7755

**JIMBO'S**  
*...Naturally!*