

FREE EVENTS!

LEARN HOW HOMEOPATHY CAN HELP REGULATE THYROID & BOOST METABOLISM

with Gabrielle Traub and Samantha Conboy, Certified Classical Homeopaths

ESCONDIDO

TUESDAY, APRIL 18TH | 6:30-8:00 PM

4S RANCH

THURSDAY, APRIL 27TH | 6:30-8:00 PM

SUPPORT YOUR BRAIN TO KEEP YOUR MEMORY SHARP

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

CARMEL VALLEY

THURSDAY, APRIL 20TH | 6:30-8:00 PM

PLANT-BASED POWER FOODS

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

HORTON PLAZA

MONDAY, APRIL 24TH | 6:30-8:00 PM

WHAT'S COOKING?

SASSY SALADS

Date: Wednesday, April 19th | Time: 6:30 p.m.

ALL LOCATIONS!

SUGAR SNAP SALAD

SPRING GREENS WITH
PICKLED VEGETABLES

LEMON & HERB BEAN SALAD

ORGANIC INGREDIENTS USED WHENEVER POSSIBLE!

FIGHT OFF YOUR SPRING ALLERGIES...*NATURALLY!*

with DeJarra Sims, N.D.

CARLSBAD

WEDNESDAY, APRIL 26TH | 6:30-8:00 PM

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!