

FREE EVENTS

CONNECTING THE DOTS: KIDNEY TALK!

By Jason Hunter, International School of Detoxification - Level I & II

Jason is a Certified Detoxification Specialist and Permaculture Designer. Through his own life experiences, he developed his own style of blending modalities, which he shares in his holistic health counseling practice. Jason uses a combination of iridology, physiological analysis, herbalism and Qi Gong to support those who are working to bring their own bodies back into a balanced focused awareness.

WEDNESDAY, SEPTEMBER 5TH **MONDAY, SEPTEMBER 17TH**

6:30–8:00 PM | CARLSBAD

6:30–8:00 PM | 4S RANCH

GET A HANDLE ON YOUR THYROID

By Dr. Meagan Strodel, N.D.

Dr. Meagan Strodel, N.D., is a naturopathic doctor at Shine Natural Medicine in Solana Beach, where she helps people of all ages and stages achieve results with their health. Dr. Strodel will present her insider tips and holistic approach on how to properly diagnose and address thyroid dysfunction.

TUESDAY, SEPTEMBER 11TH **TUESDAY, SEPTEMBER 18TH**

6:30–8:00 PM | CARLSBAD

6:30–8:00 PM | CARMEL VALLEY

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

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