

FREE EVENTS

CHILDREN'S HEALTH SEMINAR

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

Jason Hunter 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, herbology and Qi Gong to guide others to bringing their own bodies back into a balanced, focused awareness.

MONDAY, MARCH 4TH

6:30—8:00 PM | HORTON PLAZA

MONDAY, MARCH 11TH

6:30—8:00 PM | 4S RANCH

TUESDAY, MARCH 19TH

6:30—8:00 PM | ESCONDIDO

WEDNESDAY, MARCH 27TH

6:30—8:00 PM | CARLSBAD

THE TRUTH ABOUT YOUR METABOLISM

By Ana Nieto, Registered Nurse,
Nutrition Specialist, Master Trainer, Group Instructor

Ana Nieto is an experienced health specialist with a demonstrated history of working in the health/wellness and fitness industry. She is a strong and effective community and social services professional.

WEDNESDAY, MARCH 6TH

6:30—8:00 PM | CARLSBAD

WHAT'S UP WITH INFLAMMATION?

By Dr. Meagan Strodel, N.D.

Dr. Meagan Strodel, ND, 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 support healthy inflammation levels.

MONDAY, MARCH 11TH

6:30—8:00 PM | CARLSBAD

WEDNESDAY, MARCH 13TH

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

DOWNTOWN SAN DIEGO, HORTON PLAZA - 619.308.7755

JIMBO'S
...Naturally!