

FREE EVENTS

EATING FOR HEALTH SERIES

With Erica Carnahan, BA, MAT

Erica Carnahan has been a biology teacher for over 20 years, and is finishing her training to become a nutrition consultant through Bauman College. Erica will present general guidelines for a healthy lifestyle and diet, as well as address individual needs.

THURSDAY, APRIL 4th

THURSDAY, APRIL 11th

THURSDAY, APRIL 18th

THURSDAY, APRIL 25th

6:30–8:00 PM | CARMEL VALLEY

HOMEOPATHY FOR DIGESTIVE HEALTH

In celebration of World Homeopathy Awareness Week

with Gabrielle Traub and Samantha Conboy, Certified Classical Homeopaths

San Diego Homeopathy provides individualized treatments which address the root cause, not just the symptoms. Homeopathy is safe, natural and has very few side effects. Homeopathic medicines are FDA regulated.

TUESDAY, APRIL 2nd

MONDAY, APRIL 8th

MONDAY, APRIL 15th

6:30–8:00 PM | 4S RANCH

6:30–8:00 PM | ESCONDIDO

6:30–8:00 PM | CARMEL VALLEY

TUESDAY, APRIL 23rd

MONDAY, APRIL 29th

6:30–8:00 PM | CARLSBAD

6:30–8:00 PM | HORTON PLAZA

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!