

FREE EVENTS

5-STEPS TO SLEEPING LIKE A BABY!

By Susan Dennett, L.Ac., M.T.O.M.

Susan Dennett has been in private practice for over 25 years. She will present natural therapies including herbs, supplements and diet, providing an integrated approach to address these 5 steps to create a deeply restorative sleep routine.

TUESDAY, JUNE 11TH

6:30–8:00 PM | CARMEL VALLEY

TUESDAY, JUNE 25TH

6:30–8:00 PM | CARLSBAD

HEALTHY GUT, HEALTHY YOU

Dr. Anna Feagan and Dr. Garek Ng

Dr. Feagan and Dr. Ng are naturopathic doctors and co-founders of BioMed Health Center. In their practice, they utilize the most innovative therapies and testing in natural medicine to help patients reach their health goals.

TUESDAY, JUNE 18TH

6:30–8:00 PM | CARMEL VALLEY

WHAT IS SIBO?

By Dr. Meagan Strodel, ND

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's favorite conditions to treat are gastrointestinal disorders, hormone imbalances, mood issues and more!

WEDNESDAY, JUNE 5TH

6:30–8:00 PM | CARLSBAD

WEDNESDAY, JUNE 26TH

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

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