

Take Responsibility For Your Health With Our

# Wellness Seminar Series

**WEDNESDAY  
DECEMBER**

**13**

**6-7:30PM  
IN EUREKA**

## **ESSENTIAL OILS EDUCATION**

**Priti Gandhii, from NOW Foods**

NOW Foods has been a trusted maker of Supplements, Natural Foods and Personal care for 55 years.

Basic Essential Oil Education (What are essential oils, how are they made and how to identify quality and value).

Enjoy holiday Recipes and hands-on DIY part of the evening

**THURSDAY  
DECEMBER**

**14**

**6-7:30PM IN  
MCKINLEYVILLE**

**Stay tuned for future health topics in our  
monthly Wellness Seminar Series**

ALL ATENDEES  
WILL BE  
ENTERED IN A  
RAFFLE FOR A  
WELLNESS  
BASKET

**FREE  
TO  
THE PUBLIC**

**1450 Broadway St,  
Eureka, CA  
707-442-6325**

**EUREKA**  
NATURAL FOODS

**2165 Central Ave,  
McKinleyville, CA  
707-839-3636**

**For more information visit [www.eurekanaturalfoods.com](http://www.eurekanaturalfoods.com)**