

# Orchard Nutrition Center October 2017 Seminars

221 Locust Street, Redding (Upstairs)

Attending one of the following free seminars will earn wellness incentive credit for plan year 2017.

Visit [www.stsigpa.com](http://www.stsigpa.com) for a Wellness Tracker form (on the wellness incentive page).

Submit the completed form to [lggrant@stsig.org](mailto:lggrant@stsig.org) or fax to 221-6225.

## **Freedom From Pain**

Saturday, October 7, 2017

11:00 a.m. to 12:00 p.m.

Ann Levings, RN, LAc

## **Bone Health, It requires more than just taking your Calcium & Vitamin D**

Wednesday, October 11, 2017

6:00 p.m. to 7:30 p.m.

Dr. June Stevens, N.D.

## **Understanding Nutrient Deficiencies and Food Toxicities**

Thursday, October 26, 2017

6:30 p.m. to 7:30 p.m.

Dominic DiNino, CNC & Kara Krueger, CNC

All classes are held up-stairs at Orchard Nutrition Center