

Orchard Nutrition Center September 2017 Seminar

221 Locust Street, Redding (Upstairs)

530-244-9600

Attending the following free seminar will earn wellness incentive credit for plan year 2017.

Visit www.stsigjpa.com for an attendance verification form (on the wellness incentive page).

Submit the completed form to lgrant@stsig.org or fax to 221-6225.

On Saturday, September 23rd at 10 am - 12 pm

**Orchard Nutrition Center in conjunction with
Redding Holistic Health Specialists presents
the next in a series of free seminars
at the Orchard Nutrition
Center Event Room,
as well as via webcast live on Facebook
and Livestream.**

**Limited reserve facility seating is available.
Call (530)244-9600 & ask for Janet to reserve your seat.**

**This month's topic is:
"Reboot your health thru nutrition and movement".**

**Local area health and nutrition experts, Dr. June Stevens ND,
Certified Nutritional Consultant Dominic Di Nino and guest speaker fitness expert
Jami Hanna will share with you the latest information on how you can take charge
of your life.**

**We Have all heard that "everything in moderation" or eating less and exercising
more are key to losing weight and staying healthy. The truth is, not all calories are
created equal and not all exercise activities provided the same benefits for each
person.**

**Essential nutrients, not calories, are the critical indicators and our body's ability
to absorb these nutrients is the underlying key. What we eat and when we eat
plays a pivotal role in our overall health.**

**Movement, not exercise, and the type, timing and consistency of our activity play a
significant role in energy balance, hormone regulation and quality of life.**