

Orchard Nutrition Center February 2018 Seminars

221 Locust Street, Redding (Upstairs)

Attending one of the following free seminars will earn wellness incentive credit for plan year 2018.

Visit www.stsigjpa.com for a Wellness Tracker form (on the wellness incentive page).

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

Natural Approaches to Preventing and Reversing Heart Disease

Tuesday, February 13, 2018

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

Dr. June Stevens, N.D.

The “not so healthy” Healthy Foods

Wednesday, February 21, 2018

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

Dominic DiNino, CNC & Kara Krueger, CNC

All classes are held up-stairs training room at Orchard Nutrition Center

Registration is not required.