



Upcoming FREE Seminars at Monument

655 W. Highway 105, Monument, CO



PREPARING FOR DETOXIFICATION

Presented by Dr. Paula Triplett-Foss, ND

As the fall season approaches, it's an excellent time to do internal cleansing and detoxification for markedly better health and vitality.

Saturday, August 28th, 10:00 A.M.



VITAMIN D: THE SUNSHINE VITAMIN

Presented by Diana Marie, Master Herbalist

Sponsored by Nordic Naturals. Join us to learn the many roles of Vitamin D in the body, including adequate intake, the role of sunlight, food sources, supplemental sources and the best forms to look for when reading those labels.



Tuesday, September 14th, 10:00 A.M.



GUIDE TO HAPPY, VIBRANT, HEALTHY PETS

Presented by: Rebecca Rose, BA, MBA

Sponsored by In-Clover. Learn how to help your dog and cat live a long, healthy life with good food and supplement choices. Solutions for the top four pet health concerns will also be discussed.



Saturday, September 18th, 3:00 P.M.



Reservations not necessary. Seating is limited— first come, first seated. Questions? Call Pat 303-986-4600 x118.

Additional free Book Signing



Door Prize: attendees get a chance to win a FREE Gift!



FREE Samples



FREE audio file on www.naturalgrocers.com

Look for **Health Seminars**

www.naturalspeakers.com