



Upcoming FREE Seminars at Arvada

7745 N. Wadsworth Blvd., Arvada, CO 80003

TURNING BACK THE AGING CLOCK

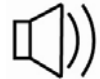


Presented by: Roslyn Rogers, CNC

Sponsored by Nutraceutical Corp. A down-to-earth discussion for men and women by nutritional expert Roslyn Rogers about balancing hormones for a healthy heart, strong bones, weight management, energy and great digestion for creating the best and healthiest years of your life.



Thursday, August 26th, 6:00 P.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.



Thursday, September 9th, 6:00 P.M.



Reservations not necessary. Seating is limited— first come, first seated. Questions? Call Pat 303-986-4600 x118.
Additional free seminar listings at www.naturalspeakers.com.

Key:



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**