



NATURAL GROCERS™

Upcoming FREE Seminars at the Dallas/Richardson store

7517 Campbell Road, Dallas, TX 75248



RETURN TO BEAUTIFUL SKIN – NATURALLY

Presented by: Atali Carr, National Educator for MyChelle Dermaceuticals
Sponsored by MyChelle Dermaceuticals. Have you tried everything to make your dull, scaly, oily or blemish-prone skin more radiant – all to no avail? Learn the secrets to obtaining flawless youthful skin without turning to products with harsh chemicals and toxic additives. Topics include understanding the layers of the skin, bioactive nature-sourced ingredients, complete regimens for each type of complexion and information on how to distinguish dirty ingredients.



Saturday, August 21st, 10:00 A.M.



NATURAL ALTERNATIVES FOR HEARTBURN, ACID REFLUX AND OTHER DIGESTIVE PROBLEMS

Presented by Martie Whittekin, CCN

Understand the potentially deadly effects of acid-blocking drugs taken for more than a few weeks. Learn how to repair your digestion rather than stop it. Martie Whittekin is a Certified Clinical Nutritionist, author and host of a nationally-syndicated radio program. More information about health, the show and Martie at www.RadioMartie.com.



Saturday, September 18th, 1:00 P.M.



DETOXIFICATION: CRITICAL FOR HEALTHY LIVING

Presented by: Dr. Steven Le, DC

Learn how to truly support your body with safe, natural and seasonal detoxification.

Saturday, September 25th, 1:00 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**