



Yoga Session

Cheryl Baumann,
Certified Yoga
Instructor with
Lifeforce Fitness,
will begin the next

session of Yoga in St. Clair.

This session will begin Thursday April 16
from 6:30p-7:30p and is 6 weeks long.

Sign up early! This class fills quickly!

Limit of 8 participants. Class Fee = \$50.00

Call 636-629-7776, visit the store or email
us at service@rootdiggination.com
to sign up today!

ECC Holistic Health Fair

Join us Saturday, April 25, 2009
at the ECC Holistic Health Fair
in Union, MO.

The expo will be from 10am-3pm at the
college.

We will have a booth and Tracie will also
be giving a lecture on Natural Health that
day.

This is a great way to find other Natural
Health retailers and practitioners in the
area.

We hope to see you there!

April 2009 Newsletter



Find out your Cardiovascular Age!

Mary Jane & Charlie McCoy, certified DPA
technicians will be here to conduct vascular health
screenings using the Digital Pulsewave Analyzer.

The Digital Pulsewave Analyzer (DPA) provides
information on arterial wall stiffness and
determines the biological age of arteries in less
than 3 minutes. This FDA cleared, user-friendly,
non-invasive device uses a finger probe to observe
the changes in pressure, blood flow, velocity and
profile throughout the whole pulse wave.

FDA Cleared-Non-Invasive-No Blood-No
Pain-Takes a Snapshot of your Arterial Elasticity
Tests

1. Heart Rate
2. Artery flexibility
3. Left Ventricle Ejection Level
4. Hydration Levels
5. Peripheral Circulatory Disturbance
6. Overall cardiovascular health

Saturday-May 2, 2009-10am to 2pm

St. Clair Location Only!

Screening cost only-\$30.00

Normal fee-\$160-\$180 in doctor's office

Call today to schedule 636-629-7776

Massage Therapy

Please welcome Lisa Mayer, NCLMT
with Tranquility Massage to Root
Diggin' Nation.

Lisa will be performing massage at
our store on an appointment only
basis.

She specializes in Swedish,
Pregnancy, Hot Stone, Facial Toning
Massage and Healing Energy Work.

Rates: 1 Hour =\$50.00

1/2 Hour =\$30.00

Call Root Diggin' today to book your
appointment 636-629-7776

Classes coming to Washington, MO!

Starting Spring/Summer 2009

We will be holding FREE
informational classes in Washington
for our customers.

Watch your newsletter and our
website for details!

www.rootdiggination.com

Tri-Fitness Members

Save 10% off everyday at the
Washington store on your entire
purchase!