



OPEN HOUSE

Saturday, June 20th

- Ask the Naturopath : Question and answer with TIHG Naturopathic Doctor Jus Crea Giammarino.
- *Soy of Life* facial care demos.
- Samples of Barleans Omega 3 Oils.
- Dairy-free, soy-free, gluten-free ice cream sodas made with coconut milk ice cream and Kombucha!
- Free chair massages with TIHG Massage Therapist Jen Fijol.
- Free intro to Hatha Yoga with TIHG Yoga Instructor Nitya at 10:00 a.m. Register early and receive a gift!
- TIHG Acupuncturist Stan Baker will be here as well giving free consultations.
- Free raffle.

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