



SEMINAR ***IT's all about the Heart...Naturally***

**Dr. Dale Tamminga,
Naturopath &
Healthy For Life**

Heart Health continues to be the number one medical concern around the globe. We've seen the negative impact our standard western culture has had on our heart health. Standard medical practice is pharmaceutical intervention which can have negative side effects. Often these solutions are not "repairing" just patching our heart health issues. Can we fundamentally improve our heart health naturally with diet and proper supplementation? While diet and exercise are still foundational; Dale will educate us about natural therapies that will help us support and improve our heart health.



Join Us on...

**6:30 Thursday February 16th
at Hudsonville Harvest Health Foods
616-896-6630**

Please reserve your spot by calling the store.



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Join Us on...

**6:30 Wednesday February 8th
at Cascade Harvest Health Foods
616-975-7555**

please reserve your spot by calling the store.