

**FREE YOGA
INFORMATIONAL
CLASS**

Thursday, January 28, 2009

6:30pm

Root Diggin' Nation

Washington, MO

In 2010 we will begin offering Yoga classes

at our Washington location.

Come and visit with Melissa Duchatschek and find out about Yoga, its health and fitness benefits and receive special discounts on class fees. Dress comfortably and try a few poses while you are there.

Call 636-390-8777 or email service@rootdiggination.com to sign up for this **FREE** class.



**Classroom for
Rent**

Our classroom area at our St. Clair location is available for rent for your meeting or event.

Call 636-629-7776 for details.

Ask us!

We are here
to Help!

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Hypnosis

Joan Nolting, CH EFT Practitioner
636-239-7655 www.NoltingHypnosis.com

New Years Resolution



Drink more water



Schaefer Water

Centers

2528 S. Service Rd.

Union (I-44/AH Exit)

1-800-763-6166

www.schaeferwater.com

Call us for complete details.

Drinking Water System
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Visit either one of our Root Diggin' stores to see a Reverse Osmosis system and for more water treatment information.

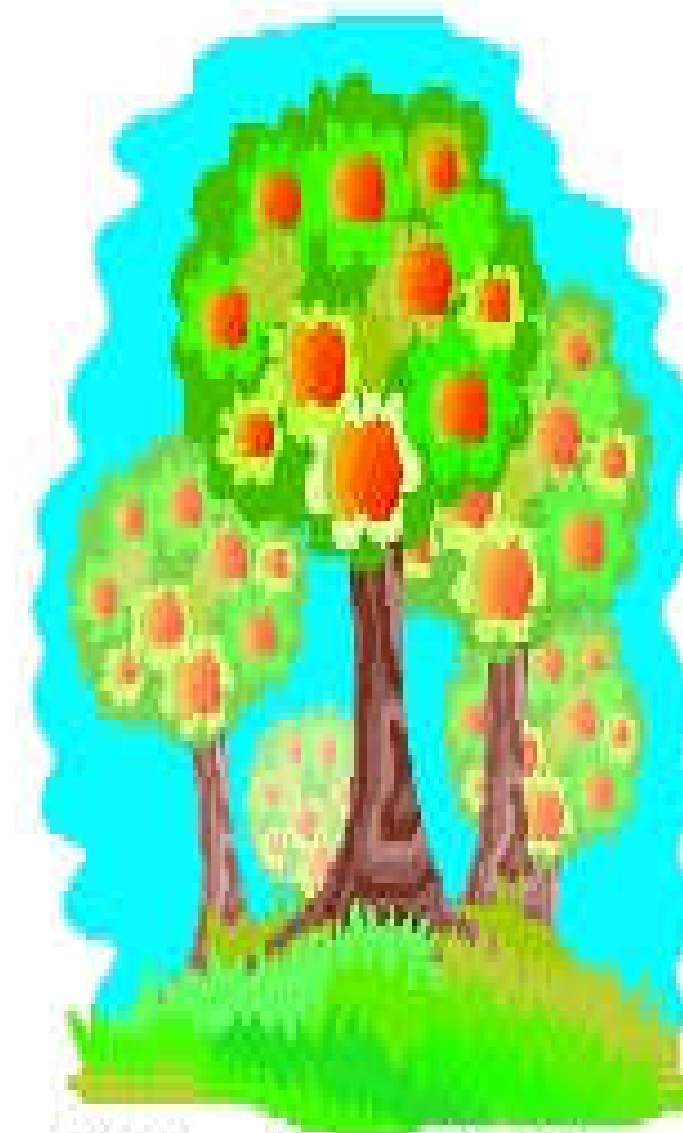
YOUR AD HERE

We are now offering advertisement opportunities in our newsletter.

If your target market is over 1200 Natural Health customers, our newsletter is for you!

Please contact Tracie at 636-629-7776

for details



Help Save A Tree!

If you currently get the paper version of our newsletter, but have an email address, please help the trees and switch your newsletter to the email version. Call or email us to switch over today!

Thank you!

Help support us in 2010,
Shop with us!

**Start 2010 with a change.....
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Counseling, Life Coaching & Ceremony

Holly Stratton Schmitt

Washington Healing Arts Center

426 E. 5th St. Washington, MO 63090

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