



Holiday Scents

**For Your Essential Oil
Diffuser/Burner**

Holiday Cookie

1 drop-Tangerine Essential Oil
12 drops-Vanilla Essential Oil

Gingerbread Man

3 drops-Cinnamon Bark
Essential Oil

1 drop-Clove Essential Oil
1 drop-Nutmeg Essential Oil
2 drops-Ginger Essential Oil
2 drops-Vanilla Essential Oil

Candy Cane

3 drops-Peppermint Essential
Oil
2 drops-Vanilla Essential Oil

**Get your essential oils and
diffuser at Root Diggin'**

**Be the change you
want to see in the
world.~
Ghandi**

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

Present Moment Yoga

Melissa Duchatschek, RYT 200

Offering

Basic, Vinyasa Flow, Power & Private Yoga Classes

New students receive 10% off purchase of a class

package with this ad.

www.presentmomentyoga.com

314-960-7853

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.



Washington Store Event

Meet and Greet with Dr. Angie

Wednesday, December 16, 2009

10am-2pm

Washington Root Diggin' Location

Angie Chaudoir is a Naturopathic Health Advisor.
She owns and operates the Wellness Now Center in
Franklin County, MO.

She holds many certifications and specializes in many
Natural Health areas.

Come meet her at our Washington location.

Angie will begin visiting our store on a monthly basis
to work with our customers to help them achieve their
health and wellness goals.

She will have her Bio-Meridian and Rife Machine
available for you to see and experience.

Come early.....This will be a busy event!

wellness  center

Looking for Alternative Natural Health
Care in Franklin County?

Angie Chaudoir, Naturopathic Health Advisor

ND, CNHP, CNC, CHS, MH

Call 314-401-8274

www.wellnessnowcenter.com

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.**