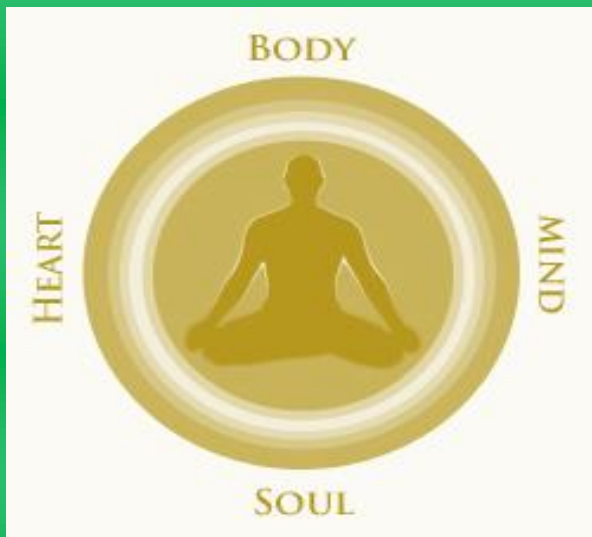


SPRING INTO SELF CARE HEALTH FAIR



SINGING BOWLS, MEDITATION, FEET FIRST SYSTEM™, NIA, CAPE BRETON STEP DANCE, NATUROPATHIC MEDICINE, CHIROPRACTIC CARE, FITNESS, PERSONAL TRAINING, MASSAGE THERAPY, TOUCH FOR HEALTH, NUTRITION, TAI CHI, YOGA AND MORE

JUNE 1st 5-9pm

Dalbrae Academy

LET'S HELP EACH OTHER FIND PATHS TO HEALTHIER LIFESTYLES.

- FREE with your kind donation to www.invernesscountyhappenings.com
Facebook: Inverness County Happenings
- Participate in our mini classes
- Take advantage of the information sessions presented by local instructors, doctors and health and wellness practitioners.
- We will also have tables set up where you can chat one on one.
- FREE TEA AND SNACKS PROVIDED

LET US KNOW YOU'RE COMING ON OUR FACEBOOK EVENT PAGE: Spring Into Self Care 2018

