



**Come learn  
natural health tips!**

## **Natural Health Workshop**

**Meeting 1st & 3rd Wednesdays  
2-3 PM - Caliente's Rudolph Room  
Nanci Powell, Facilitator**

- 12/1 - Preventing Digestion Problems**
- 12/15 - Why Bless the Common Cold?**
- 1/5 - Add this for Natural Weight Loss**
- 1/19 - Banish dry, wrinkled skin**
- 2/2 - Eliminate Pet & People's Joint Pain**
- 2/16 - Balancing Cholesterol**



**Learn natural, easy ways to stay healthy all year  
with informational, generic, natural techniques!**

Nanci Powell.... Internationally-known  
Natural Health Writer for over 30 years  
....has been a Caliente Snow Bird from  
Ashland, Oregon, since 1996.

To learn more...

Call Extension 1384 or 800-214-1474.

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