

SEMINAR

Cleansing & the Anti-Inflammatory Diet

With Dr. Heidi Lescanec, ND

Wednesday, March 1

7:00 – 8:30 pm

Free event, registration required.
Register online at choicesmarkets.com/events

**Choices Floral Shop & Annex
2615 W 16th Ave, Vancouver**

Come and learn how the body naturally cleanses and naturopathic methods for safely supporting this process. In this seminar, Dr. Heidi Lescanec will also cover the nutrition fundamentals of the anti-inflammatory diet—

“what to eat and why” so you can achieve the rejuvenating benefits of a cleansing diet every day, all year long.



For please call 604-952-2266 or email nutrition@choicesmarkets.com