

STAY HEALTHY

THIS COLD & FLU SEASON

SATURDAY OCT 21, 2017 @ 10:00am
INSIDE MOTHER NATURE'S
MARKET, SIDNEY
COST: FREE!

Join Dr. Elli Reilander, ND to learn:

- How to naturally support your immune system
- Simple medicinal recipes for this cold and flu season
- My top immune boosting, infection fighting vitamins and herbs!



Dr. Elli Reilander
naturopathic physician