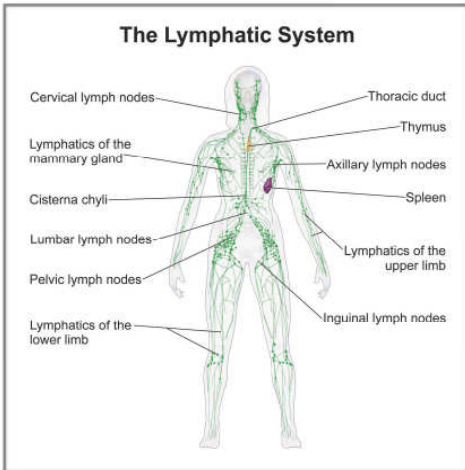


# The Lymphatic System & Our Wellbeing

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Learn how the lymphatic system  
can have a profound affect on  
our quality of life.



Come join us  
for our FREE  
Health-Building  
Seminar.

All are welcome!

**DATE: Sat., January 19, 2019**  
**TIME: 10:30am - 12:00pm**  
**PLACE: Art Circle Public Library**

Guest Speaker: Regina Rigney, HHP, MH  
Nature's Healthway, LLC (Holistic Wellness Center)