

ROOTED IN WELLNESS

ARE YOU  
LONGING  
TO FEEL  
BETTER?  
DO YOU  
WANT TO  
LEARN  
HOW TO?

Please join us on  
Sunday, June 14<sup>th</sup> at  
9 AM to 4 PM

ROOTED IN WELLNESS



YOUR HEALTH

**Are you happy with  
your health?**

Want to learn more about  
how you can be healthy?

Want to regain control over  
your health?

**JUNE 14<sup>TH</sup>, 2026**

**12494 PEGGYS COVE ROAD,  
TANTALLON, NS  
AT 9 AM TILL 4 PM**

**NEED MORE INFO PLS CONTACT  
CATHERINE.WALSH@MARITIMESDA.COM**

ARE YOU ROOTED IN WELLNESS?

**Rooted  
IN WELLNESS**

HEALTH



**JUNE 14<sup>TH</sup>, 2026**

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TANTALLON, NS**

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**YOUR HEALTH IS  
IMPORTANT!**

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COME LEARN ABOUT:

- JUICING AND ITS NATURAL DETOXIFYING ABILITIES
- EXERCISE - WHY IT NEEDS TO BE APART OF OUR DAILY LIVES
- HEALING SALVES
- FOOT BATHS AND THEIR HEALTH BENEFITS
- COMPRESSES AND POULTICES
- FREEING YOURSELF FROM YOUR “STINKY THINKING”
- AND MORE...

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**YOU DESERVE TO BE  
AS HEALTHY AS YOU  
CAN BE!**

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**No cost to you,  
only benefits!**

**A delicious plant-  
based lunch will  
be served!**

**You have nothing  
to lose, so come  
join us!**

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**COME JOIN US!**

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**We look so forward to  
having you join us for  
this incredible day of  
wellness learning.**

**See you at 9 AM sharp  
on Sunday, June 14<sup>th</sup>!!**

**There will be wellness  
prizes as well...you  
don't want to miss this  
day!**

**Remember it's FREE!**

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