



May Seminar

Living Dairy Free

Everything You Need to Know

Saturday, May 19th from 2 to 3 pm

at Fishers Fulton Better For You Department

5215 Fulton Road, Canton



Sensitive to dairy products or want to start a dairy free lifestyle. Hagar Moor, our Certified Health Specialist, will give you lots of great information about adopting a dairy free diet. Ask questions and taste delicious samples! No fee to attend. Please call 330-497-3010 to sign up or add your name to sign up sheet located outside Hagar's office in the Better For You Department.



June Seminar

How Diet & Lifestyle Influence Your Genes

Thursday, June 28th from 6 to 7 pm

at Fishers Better For You Department

5215 Fulton Road, Canton

Did you know that your daily choices can impact your genes? Your diet and lifestyle can even influence whether or not you develop certain diseases. Come learn from Hagar Moor, our Certified Health Specialist about "Epigenetics". No fee to attend. Please call 330-497-3010 to sign up or add your name to the sign up sheet located outside Hagar's office in the Better For You Department.