



**WEDNESDAY,
MARCH 18, 2020**

6:30-7:30 PM

**Help You Be You With The Power Of Food:
Educational Series**

Presented by Dr. Lindsey Sowers, PharmD

Conversation Two: Bone Broth Benefits

In this second installment, participants will learn how to make bone broth and try a sample. Reserve your seat via email Dr.LindseySowers@gmail.com or text 814-937-7799. All participants will receive the ingredients needed to make their own bone broth at home.

This talk will be held at the Natural Connection Wellness Center or available via Zoom Webinar. Just email Dr.LindseySowers@gmail.com for the link.

If you aren't available at this time for the live event, no problem. A replay is available after the event! Email Dr.LindseySowers@gmail.com

The event is free, but a donation to the non-profit Huntingdon Health and Wellness Association is always appreciated.

**Natural Connection Wellness
Center**

313 4th Street
Huntingdon, PA 16652
www.hhwa.org

