



Learn How To Cheat Your Way To Health

HMN East of The River Is here to introduce you to alternative healthcare options & green living

How Do You Holistic?

SPECIAL BULK PRICES 1 BOTTE FOR \$10 OR 3 FOR \$20



Monday, April 9 at 6 PM - 7:30 PM

First Congregational Church of
Vernon, UCC

695 Hartford Turnpike, Vernon CT

We thank Highland Park
Supermarket for their generous
donation of \$50!

holisticmomsnetwork.com

Your Local Chapter:
East of the River

OUR APRIL 9TH SPEAKERS:

Meet Connie from Cleanmycolon.com

We will learn about Detox & we will make some essential Oil Blends

Meet Olga from Greenshadewellness.com

Meet **Bryn Chandler, Certified in Essential Oils**

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Discussing: Detoxing, Digestive Health & Seasonal Allergies
Many think of digestive issues causing minor things, such as stomach pains and discomforts, but problems with digestive health have been linked to serious issues throughout a person's body.

Being a member is not
required to attend
meetings.

Yearly memberships are \$30
**Active members get 40%
off Pharmaceutical grade
supplements that are ND
approved!**

Brands: Pure Encapsulations
& Vital Nutrients
Not to mention many other
National HMN incentives!