



**Grow — Prepare — Eat**  
**Your way to Wellness**

**Lewis and Clark Presents:  
World Market Benefits and  
Wellness Fair**

**Wednesday, February 20th 2013**

**10:00 am to 2:00 pm**

**Templeton — Stamm**

**Activities**

**Chinese Pulse Reading • Chair Massage •  
Vitamin B12 Shots • Biometric Screenings •  
Nervous System Scan • Cooking  
Demonstrations • Glucose Screenings**

**Topics**

**Fitness/Nutrition • Alternative Care • Benefits  
• Financial Health • Travel Getaways •  
Roadside Safety • Ergonomics**

**Healthy Treats**

**Costco • Xocai Healthy Chocolate • Qdoba  
Mexican Grill**