



Grow — Prepare — Eat
Your Way to Wellness

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

Wednesday, February 20, 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 Demos •
Glucose Screenings**

Topics

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

Healthy Treats

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