



# MEALS THAT HEAL

## food 'fore' kids

**SAVE ON MEMBERSHIP ENROLLMENT  
BY HELPING OTHERS!**

**When:** Now thru December 31

**Location:** Sequoia Wellness on the NEOMED Campus

**Offer:** Receive a 40% discount on the enrollment fee

**Plus:** \$2 off the enrollment fee for every item of food donated

**\*Maximum of 50 items will be applied toward enrollment fee discount,  
though all donations will be accepted.\***

### NEW MEMBERS

You can help children in need this holiday season by donating the food items listed below to Sequoia Wellness. These items help support the Ben Curtis Family Foundation and the local church backpack program to help fight childhood hunger.

**Food most wanted:** boxed mashed potatoes 26 oz, gravy packet .88 oz, boxed stuffing 10-12 oz, cranberry sauce 12-15 oz, box Mac N Cheese 7 oz, canned corn 12-15 oz.

**\*\*Only the food items listed above will be accepted\*\***

**(Current members** please stop at the front desk for details on how you may participate.)

**VISIT FOR A TOUR AND RECEIVE A ONE-WEEK FAMILY PASS!**

[www.Sequoia-Wellness.com](http://www.Sequoia-Wellness.com) | 4209 St. Rt. 44 • Rootstown, OH | 330.325.6102