

# **NOURISH YOUR BODY, MOVE WITH MEANING**

*Join Sequoia Wellness for the following free events in 2018!*

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## **February 10**

Move with Meaning for Strength and Endurance

Nourish Your Body with New Foods & Flavors

## **April 14**

Move with Meaning to Care for Your Joints

Nourish Your Body - Healthy Ways to Manage Arthritis,  
Inflammation and Pain

## **June 9**

Move with Meaning - What Workout Gear is Necessary?

Nourish Your Body - Nutrition Supplements: What Do I  
Really Need?

## **August 11**

Move with Meaning - Exercise for All Weather, 365 Days a Year!

Nourish Your Body from Farm to Table - A Practical Approach  
for All Seasons

## **October 13**

Move with Meaning - Every Day!

Nourish Your Body with Healthy & Smart Grocery Shopping

## **December 8**

Tis the Season to Move with Meaning!

Holiday Parties: Nourish Your Body and Enjoy the Season!

***For more information and to  
reserve your spot, call (330)325-6102!***

**SEQUOIA**  
wellness

Located in The NEW Center on NEOMED's Campus  
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