

WELLNESS'N'WINE

Back to School Healthy Living Party

I have found something that I am passionate about and know is helping my family with prevention and wellness each and every day, as well as, positively impact my family for years to come. I can't keep it to myself so please come learn with me as my friend, Elizabeth Hickman, mother of two, competitive 5K runner, graduate of Northwestern School of Medicine, and practicing pediatric physical therapist, speaks about the power of nutrition, Juice Plus+ and the Tower Garden as it relates to our immune system, kids' behavior and overall protection from chronic disease.



WINE'N'WELLNESS IN MY GARDEN

WEDNESDAY, AUGUST 14TH

6:30-8:00 PM

315 W. ELM PARK AVE

ELMHURST

RSVP RITA HYLAND 773.531.8644

Is Your Family Eating the Rainbow Each and Every Day?

Every Major Health Organization recommends 9-13 servings/day



For a family of 4, that is 364 servings in your grocery cart every week! Learn why we need this nutrition and how Juice Plus+ and the Tower Garden can help us get it.