

# origins

nutrition & wellness

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*Eat Better, Feel Better...Naturally.*



*Do you need to make a change,  
but are unsure where to start?*

*Join us for:*

## *Building a Natural Food Pantry*

*March 31, 3pm*

## *Going Gluten free*

*April 28, 3pm*

## *Healthy Vegetarianism*

*May 26, 3pm*

*Wellness Series will take place at:*

*In The Raw Organics*

*38078 Cleveland Ave (inside Gelato Carina)*

