



**SATURDAY,
OCTOBER 20,
2018**

**TRACY LAKE
PRESENTS
HERBAL FAMILY
WELLNESS**

9:30-11:30 am

Natural Connection Wellness Center

*For additional information contact Tracy
Lake of Lake House Herbs at
**lakehouseherbs@gmail.com or
814-506-7107.***



**Learn what herbs
your family needs
for its medicine
cabinet.**

**Discover how to
make basic herbal
remedies.**

**Free, but a
donation to the
non-profit
Huntingdon
Health and
Wellness
Association
(HHWA)**

**NATURAL
CONNECTION
WELLNESS CENTER**

313 4th Street,
Huntingdon, PA 16652

www.hhwa.org