# Simple Living Naturally

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Health through Awareness Retreat MARCH 13 – 15, 2020



#### Come and be informed!

Pre-session with— Dr. Ellen Kamhi, PhD, RN, AHG, AHN-BC

Main session with— Dr. Ervin Davis, MD (will focus on lifestyle intervention)

### **Knowledge is Power!**

#### You'll learn –

- \* what plants in
  Florida are
  beneficial to you
- ✤ more about essential oils
- natural remedies therapies
- \* scientifically-based lifestyle interventions

For more information and to make reservations, contact:

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