

Better Health Through Better Living

**Open to Public
Free Admission**



**Complimentary
Door Prize Ticket**

**Saturday, April 28, 2018
9:00 a.m. to 1:00 p.m.**

**St. John Lutheran Church
7214 South Cass Avenue, Darien, IL 60561**

***For more information call Deaconess Phaedra Serbus at
630-969-7987 or go to www.sjlcdarien.org under Events***

Helpful Information from Area Practitioners

Health Seminars

9:00 a.m. "Essential Oils 101"

Megan Torreson, Young Living

10:05 a.m. "Holistic Health Strategies"

Dr. Dan Ourada, Natural Health Solutions

11:10 a.m. "Cognitive Emotional Peace"

Rev. Rod Serbus, St. John Lutheran Church

**11:50 a.m. "What Is Chiropractic and How
Can It Help Us?"**

**Dr. Melissa Alfano, Concept Care Chiropractic &
Wellness Center**

Vendors & Exhibitors

Birth & Post-Partum Doula

Blood Pressure

Childbirth Education

Clean & Happy Soap Company

Connecting People to Christ & Others

Fruitful Yield

Lactation Counseling

Silentium Massage Therapy

and MORE!

Lunch available for purchase with proceeds going to the St. John External Mission and Ministry Fund.