

WEEKEND WELLNESS

Please join us Saturdays from 12:00pm - 2:00pm

Upcoming Featured Guests for January 2025

<p>1/4 Learn to Make Sourdough</p>	<p>Guest: Shannon Chung Johnson & Wales Culinary trained Chef Shannon Chung, a Johnson & Wales culinary trained chef, is going to teach us how to make sourdough starter. You won't want to miss this!</p>
<p>1/11 Holistic Esthetician</p>	<p>Guest: Dawn Condor The Face Naturalist Come join about the amazing holistic approach to facecare from Dawn Condor, owner of The Face Naturalist, here in Naples. Dawn is a licensed Esthetician, a certified Gua Sha Facialist. Her passion is to treat the skin holistically through a natural, non-toxic approach.</p>
<p>1/18 Sober Saturday</p>	<p>Guest: Hans Doherty Owner, Growing in Health As many people are entering January and looking to cut back on alcohol consumption, Hans is going to discuss the benefits of CBD and how it can reduce alcohol cravings for some folks. Learn about the different options and benefits of CBD for the endocannabinoid system.</p>
<p>1/25 Natural Mold Remedy</p>	<p>Guest: Scott Briggs Owner, American Mold Experts SWFL Scott has a proprietary and non-toxic method to remove and remediate mold. Come learn about his products and company. American Mold Experts SWFL is certified for mold remediation, inspection, testing, and removal services. Providing both residential and commercial services.</p>

GrowingInHealthFlorida.org

7211 Vanderbilt Beach Road, Ste 3 - Naples, FL

239-331-4807

Weekend Wellness is a FREE, family-friendly event!