


# FREE HOME REMEDIES FOR EMERGENCY CARE AND KITCHEN REMEDIES FOR COMMON AILMENTS



PLEASE COME TO THIS WONDERFUL HANDS ON CLASS  
WHERE YOU WILL LEARN PRACTICAL HOME REMEDIES AND EMPOWERING  
WAYS TO MAINTAIN AND IMPROVE YOUR HEALTH!

**WHEN: Saturday, April 23, 2016**

**WHERE: Suwannee River Regional Library  
1848 Ohio Ave.; Live Oak, FL**

**TIME: 4PM-5:30PM**

**THIS WORKSHOP IS GREAT FOR ANYONE WHO WANTS  
TO LEARN HOW TO TREAT A SNAKE BITE, MIGRAINES,  
HIGH BLOOD PRESSURE, FRACTURE/SPRAINS,  
HIGH BLOOD SUGAR, & MUCH MORE.**

**THERE WILL BE FREE GIFTS GIVE AWAYS  
Sponsored by Live Oak SDA Church**

FOR MORE INFO EMAIL ANYTIME [losdahealth@yahoo.com](mailto:losdahealth@yahoo.com)  
Or call 386-364-0717 on Saturday's only