

Arrow Community Wellness Series

Work Healthy • Live Healthy

presents



Arrow Benefits Group is excited to have Whole Foods Market of Petaluma joining our Community Wellness Series for the month of May. The lecture is titled

Four Pillars of Healthy Eating

by

Sharon Bowen

Healthy Eating Specialist

Here to inspire, support, and educate you!

Healthy eating is a journey. Sharon will be sharing some simple, research-based guidelines to help you navigate the confusing health information in the media and choose foods that promote wellness and longevity.

Come uncover a healthier YOU

Brought to you by



Arrow
Benefits Group

Complex Questions. Straight Answers.

Wednesday

May 27, 2015

@ 5:30 pm

1 Willowbrook Ct Ste 230

Petaluma, CA 94954

SPACE is limited

To reserve your spot right away, please contact:

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