

# EVENT CALENDAR

**Tulsa - Harvard and 31st**  
**(918) 749-0271**

3126 S Harvard Ave  
Tulsa, OK 74135

MAY

10

**Fri**  
6:30pm  
to  
7:30pm

## **Colds, Allergies and Neti**

*by Dr. Sharde Roebuck*

Join us as we discuss options that were provided from the Earth to health our bodies. We will be emphasizing on the safe use of essential oils, herbs, and the practice of Neti when battling the common cold, flu, and allergies.





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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

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