

# EVENT CALENDAR

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

3126 S Harvard Ave  
Tulsa, OK74135

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**

# **THE RESPIRATORY ROCKSTAR\*\***

**By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.\*\***

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