



**home**  
remedies

**FREE**  
HEALTHY  
LIVING SERIES

**Wednesdays: April 30-June 4**  
**11am-1pm | Yancey County Public Library**

Come learn about options to manage pain  
and stress during this free 6-week healthy living series.

Local practitioners will present on wellness topics like:  
holistic nutrition, yoga, healthy living, at-home massage,  
mindfulness, stress reduction, and more!

**To register visit [bit.ly/healthy-living-series](https://bit.ly/healthy-living-series) or scan the QR code.**

Each class features a different topic: come to one, several, or all.  
Home Remedies is offering 5 free vouchers for services with local  
complementary health practitioners when you attend 4 out of the 6 classes.

**For more information, go to [www.path-homeremedies.org](http://www.path-homeremedies.org)  
or to contact us email [homeremedies@pathwnc.org](mailto:homeremedies@pathwnc.org)**

