Paradise and United Blood Services are teaming up to save lives. We need your help!

Saturday, January 21st, from 10:00 a.m. to 2:00 p.m
3430 Executive Pointe Way Carson City

The UBS Blood Van Will Be Here To Collect Our Goal Of 50 Pints Of Blood
• All donors will receive a special Thank-You for donating their life saving gift.

A Free Raffle Will Be Held Provided By Our Supporters & Associates
• Do not have to be present to win, but must join us the day of the event to get your raffle entry!
• Visit all our stations and get entered to win a 1 year Wellness Membership at Paradise.

We Will Be Joined By Local Health and Wellness Professionals Below
• Get your questions answered on where, when, how and why.
• Information and useful tips will be available for the taking.

Sierra Foot and Ankle
Kona Chiropractic
Arbonne
Doterra
Zentangle
PiMag Water Filtration Sys.
Sierra Dietetics
Free Spirit Holistic
WNC Nursing Program
Carson Tahoe Health
N.C.C. and Sun Smart Nevada
Starr Nixdorf - ATRIC
Rick Jordan - Zumba
Lisa Crowley - Massage
Egoscue with Nora

Walking tests & how your feet can affect your posture
Information on how Chiropractic can be used as a preventative and help in overall health
Protein shake samples and information on their nutrition line
Free Bioimpedence scans, hand massages and information on the many benefits of essential oils
Demonstrating Zentangle art and how it works with meditation
Free water samples and information on the toxins in the water you may be drinking
Information on Diabetes and basic nutrition
Providing information on nutrition from a holistic all natural way
Blood Pressure tests
Body Composition testing and information on diet and exercise
Skin analysis for sun damage and offering Sun Smart tips
Demonstration of Aquatic exercises & equipment. Free Knee-Hab class at 2:45pm. Bring suit and towel.
A 30 min. Aqua Zumba class. Bring bathing suit and towel.
Complimentary 10 min. chair massages
Postural analysis and demonstrations of stretches to help correct your posture

Please contact Paradise to schedule your donation time and/or if you are interested in volunteering to help at the wellness fair, (775) 883-4434 ext. 0 (zero)

More info at: www.ParadiseSalonSpaWellness.com