



Community Calendar Announcement

What: “What Are Probiotics?” Wellness Seminar

Where: Arden Hills Resort Club & Spa
1220 Arden Hills Lane, Sacramento

When: Monday, August 2

Time: Noon

Cost: \$20.00

For More: 916-482-6111 or www.ardenhills.net

Suggested Copy: Interested in learning more about the probiotics trend associated with using live microorganisms as a health benefit in certain foods? Commonly used in yogurt, soy yogurt and as dietary supplements, this is your chance to find out more about probiotics and if the approach is right for you during a special “What Are Probiotics” wellness seminar at Arden Hills Resort Club & Spa. Open to everyone, advance reservations are suggested as space is limited. For more, call 916-482-6111 or visit www.ardenhills.net.

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