



Community Calendar Announcement

What: “Macrobiotics” Wellness Class

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

When: Saturday, August 14

Time: 11:00 a.m.

Cost: \$20.00

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

Suggested Copy: Summer is a perfect time to learn more about the macrobiotics approach to nutrition and how a low-fat, high fiber approach is designed for optimal health and longevity. Don’t miss a special “Macrobiotics” class focused on wholesome Indian cuisine at **Arden Hills Resort Club & Spa**. You’ll learn how a simple diet rich in whole grains, legumes, seeds, nuts, vegetables and soy products might be the right approach to improve your diet and overall well being for a longer, more healthful life. For more, call 916-482-6111 or visit www.ardenhills.net.

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