



Community Calendar Announcement

- What:** “Macrobiotics” Wellness Class
- Where:** Arden Hills Resort Club & Spa
1220 Arden Hills Lane, Sacramento
- When:** Saturday, March 13
- Time:** 11:00 a.m.
- Cost:** \$20.00
- For More:** 916-482-6111 or www.ardenhills.net

Suggested Copy: Intrigued by the possibility of a macrobiotics diet? It’s time to learn more about the low-fat, high fiber approach designed for optimal health and longevity through nutrition. Don’t miss a special “Macrobiotics” class at **Arden Hills Resort Club & Spa** to 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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