



Facial Rejuvenation and Longevity in Chinese Medicine with Rebecca Hurwood, L.Ac.



FREE Wellness Classes at New Seasons
email class@newseasonsmarket.com or call 503-280-5177 to sign up!
All 7:00pm-8:30 pm

Thursday, February 5th - Cedar Hills
Tuesday, February 10th - Progress Ridge
Wednesday February 18th - Seven Corners
Wednesday February 25th - Nyberg Rivers

Learn about longevity from a Chinese Medicine perspective including foods to promote anti-aging & DIY Facial Rejuvenation techniques from certified Facial Rejuvenation Acupuncturist and 2014 Nattie Award Winner Rebecca Hurwood, L.Ac.

Rebecca Hurwood L.Ac.

All Ways Well, LLC

www.allwayswell.com