

# Holistic Heart Health

An Educational Event Sponsored by  
*Turn the Tide Maine*

Thursday, April 14th  
**6-7 PM**

142 High St #423, Portland



- The community health event will include presentations, demonstrations, and discussions about topics related to holistic heart health from the perspective of alternative medicine.
- Presenters will include naturopathic doctors and other complementary and alternative health care providers.

**Some topics of discussion will include nutrition and supplementation, breathing, massage and more.**

*There is a suggested donation of \$5 to support Turn the Tide's non-profit work.*

Visit [www.turnthetidemaine.org](http://www.turnthetidemaine.org) for more info