

# Holiday Hours & Announcements



*"We have to practice the art of stopping. When we learn to stop we become calmer, and our mind becomes clearer, like clear water after the particles of mud have settled."*

*~ Thich Nhat Hahn*

Please join us in pausing to reflect and prepare for the New Year.

Lauren's office and Vital Extract sales will both close at the end of the day on Friday, December 23 and reopen at 9am on Monday, January 2.

Acute needs will be met through the online submission form only and all emails, message, and orders received will be addressed when we return.

Wishing you and yours a healthy start to 2017,  
Lauren, Aaron, and Shannon