



Surviving the Allergy Season

Wednesday, March 30th

5:00-6:30p

Administration Building

Conference Room • 303 N. Church St.

Participants of this presentation will:

- receive an overview of allergies and avoidance measures
 - receive a **FREE** nasal wash
 - learn how to use a *nasal wash device
- receive a recipe for making salt water solution
- be provided a referral to a health coach

***A nasal wash device is used to rinse the nose and wash out pollen, which is lodged in the nasal canal and prevents allergic type symptoms. The regular use of this device often decreases the need for allergy medications and provides significant symptom relief.**



Please go to www.carehere.com to register and log on with your username and password. Click on Wellness Registration (Jan-Mar) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. You may also call 877-423-1330 to register.

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If you have questions regarding this presentation, you may contact CareHere Health Coach Tracy Thompson at tthompson@carehere.com or call 615-866-0587- Office.