



TIMELY TOPICS

OASIS

LIVE WITHOUT PAIN & INFLAMMATION

Learn the primary causes of inflammation and how to reduce it and achieve optimum Health.

**Friday,
September 19th, 2025
2pm - 3pm**



San Carlos Branch Library
7265 Jackson Dr,
San Diego, CA 92119
619-527-3430



Speaker

Sonia Cervantes
*Certified Health Coach,
Nutritionist, & Therapeutic Chef*