

Happy Summer to all!

This is our very first quarterly newsletter from Stone Turtle Health and we hope you find items of interest to you and your family. We promise to keep these newsletters brief by simply having a blurb with a link for you to check out if you are interested. Here are some items of interest and upcoming events that Stone Turtle Health is involved in. Please click on the links for more information.

**Ballard Seafood Festival KidZone:** July 10th/11th. Seafood Fest is launching a new EXPANDED KidZone with Velcro Wall, climbing wall, carnival games, toy boat building tent, and food sales. Bring your family down or better yet, volunteer to be a part of the fun. We're booking 3-hour volunteer shifts between 10:30 am and 6:30 pm and we need lots of volunteers, ages 14 and up. Please click here for more information.

**Healthy Shopping on a Budget:** Due to Seafood Fest, our July Healthy Shopping on a Budget class will be held on July 17th. Class cost (includes handouts): \$10 (free to participants in Metabolic Effect's 10 Week Fat Loss Program). Limit 10/class. 9am-10am, Ballard Fred Meyer. Click here to register. Future dates: August 14th, September 11th.

**Metabolic Effect 10-Week Fat Loss Program:** STH has obtained affiliate clinic status with Drs. Jade and Keoni Teta of Metabolic Effect, the authors of the best-selling book, "The New ME Diet" to provide participating patients with FREE weekly weigh-ins and FREE access to our educational offerings. Click here to learn about this HIGHLY effective 10-week fat-burning weight loss program. Click here for more information about Metabolic Effect.