

Bellingham health center to celebrate anniversary with open house

DAVE GALLAGHER - THE BELLINGHAM HERALD

The Ayurvedic Health Center will celebrate its fifth anniversary of offering wellness treatments and consultations at an open house, noon to 4 p.m., Saturday, June 18 at 203 W. Holly St., Suite 201, Bellingham.

A sister science to yoga, Ayurveda is a 5,000-year-old tradition of health practices that first evolved in India.

The free event will include organic teas and snacks, educational presentations, mehndi/henna hand painting, tulsi/holy basil seeds, chair massages, and gift basket giveaways, according to a company press release.

For more information, contact the Ayurvedic Health Center founder Juliet Jivanti at 360-734-2396 or visit AyurvedicHealthCenter.com.

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