

# McQuinn Naturopathic

Let's get moving!

Exercise

Inside:

Exercise tips and ideas—  
Ways to make it easier to get  
moving!

Natural Remedies for warm  
weather— Things to help  
heal a sunburn or slow down  
mosquito bites.

What to Eat After Working  
Out? - Recipes to help you fuel  
up after burning calories.

Free Local Events Calendar!

## Farewell, Dr. Morris!

Although she will be missed by many, Dr. Morris will be leaving McQuinn Naturopathic at the end of August, 2012. She will be opening her own practice in South Seattle, where she will continue to spread healing and health education to patients seeking a natural approach to their wellbeing.

