



Winter Food Drive

Donate this holiday season and be entered to win a Coastal Wellness Retreat at our Astoria location

- **Donate 3 non-perishable food items to be donated to the Oregon Food Bank when you come in for your treatment to be entered to win**
- **Prize includes one night stay in a hotel, a 60 minute massage, 60 minute facial, and an acupuncture session and an essential oil blend from Snow Lotus**
- **Accepting donations from November 23-December 29th**
- **Only able to enter during a scheduled appointment, but you can enter as many times as you like**
- **Contest winner will be contacted to arrange accommodations/appointments**
- **If you prefer a monetary donation, please visit this website for details:
<https://give.oregonfoodbank.org/fundraiser/1736652>**
- **Items most in need: Peanut Butter and Almond Butter, rice, tuna, beans (canned or dried), pasta, whole grain cereal, shelf stable milk, cooking oil, canned tomatoes**
- **Questions? Email Amanda
amanda.k@watershedwellnesspdx.com**

