

The logo for RiverBender.com features the text "RIVERBENDER.COM" in a bold, white, sans-serif font with a black outline. The text is set against a background of several overlapping, irregular red shapes that resemble water splashes or paint strokes.

Splash! Get Fit, For You! Nature's Seasonal Power!

January 20 2014 1:53 PM

Splash! Get Fit, For You! Welcome to the World of Splash!

"Nature's Seasonal Power"

Just by strolling the Produce aisles at your local market and choose, wisely, what's thriving, in any Season, to tap into the natural source of healing powers& feed your family what Nature is giving us to thrive; Of course, along with a balanced meal plan.

Fresh, good Seasonal nutrition will help to heal ailments, boost your immune system & your energy level, giving you natural protection.

Take advantage of weekly sales, as often times, these Seasonal fruits & vegetables are on sale.

Let's Splash thrive every Season.

Caution: Beware of food allergies.

Yes, you do have the power!

Seize the Day!

Holly Fairfield

Text @RB to 618-202-4618 to sign up for Text Alerts from RiverBender!