

Nothing Tastes As Good As *LIVING WELL* Feels!

Wellness Seminar Series

Topics Include:

A Minute on the Lips/ A Lifetime on the Hips - Healthy Eating Tips for Women

Slowing Down the Aging Process - Naturally

Skin Nutrition - Tips for Healthy/Glowing Skin

Vitamins from Head to Toe

Each Thursday in March starting March 8th 5:30pm - 7:00pm
At Vitality Wellness & Aesthetics

Brought to you by:

Vitality Wellness
& Aesthetics


TOTAL NUTRITION
AND THERAPEUTICS

\$30 Per Session or \$99 for All Four Sessions Seating Is Limited. First 10 attendees will receive a \$25 Gift Card to Vitality. Goodie Bags for All Participants valued at over \$75
All Sessions will be held at Vitality Wellness & Aesthetics 757 CR 466 Lady Lake, Florida 352-633-2948 to reserve your seat