

SPRING INTO WELLNESS EVENT

THURSDAY, MAY 2ND 10:00AM - 1:00PM

SANIBEL HEALTH CLUB 975 RABBIT RD. SANIBEL, FL 33957

10:00-11:00am – Pilates Class with instructor *Debbie SHEME*

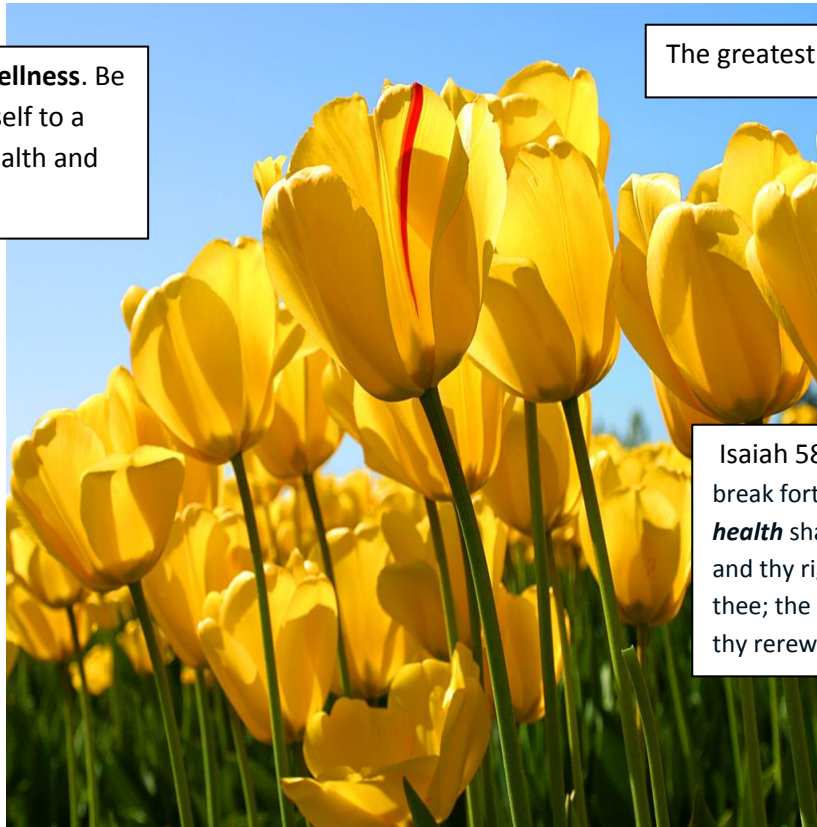
11:15-11:45am – Juice & Smoothie Demo & Recipes with *Uma Blue* and *Karolina Vaickute*

11:45-1:00pm – 15 min Chair Massage with massage therapist *Joanna Baugh*

doTERRA Essential Oils Workshop with *Courtney Livermon*

Join us as we **spring into wellness**. Be inspired and treat yourself to a wonderful morning of health and wellness.

The greatest wealth is Health ~ Virgil



Isaiah 58:8 ~ Then shall thy light break forth as the morning, and thine **health** shall **spring** forth speedily; and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

Event fee is \$50.00 per person.

- *Includes 1 hr Pilates Class*
- *1 Juice or Smoothie*
- *15 min Chair Massage*
- *Free Wild Orange Essential Oil*
- *Recipes and information on Health and Wellness*
- *Lunch included.*

Space is Limited so Please RSVP.

Contact...

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