



Summer Health and Hope Party!

Saturday, August 11th at 2 PM - 3:30 PM

It's MORE than time that we gather together and share health and hope in one of my famous Health and Hope Parties! Come bring a friend we will be hearing inspiring stories and make friendships! These parties are ALWAYS a hit, and trust me... after a summer of vacations, cookouts and loss of routine, you will LOVE a motivational shot in the arm by hanging out together!

The key to your success is making healthy choices part of your daily habits and eventually turning this into a lifestyle.

PLEASE DO RSVP on this FB event if you are able to do so, but RSVP is NOT required.

We will have some fun foods that are yummy and healthy to try! It would be awesome if you bring your favorite to share!!

As always there will be a food swap for all current clients!!!!

Current clients as always, we will have a food swap, and we will be trying some of the new foods that were just released!

1862 Bahia Vista ST Sarasota FL 34239 (New Wooden Fence)

RSVP Jill Kreiger 941-302-3613

Please park on Yale or at Walgreens.