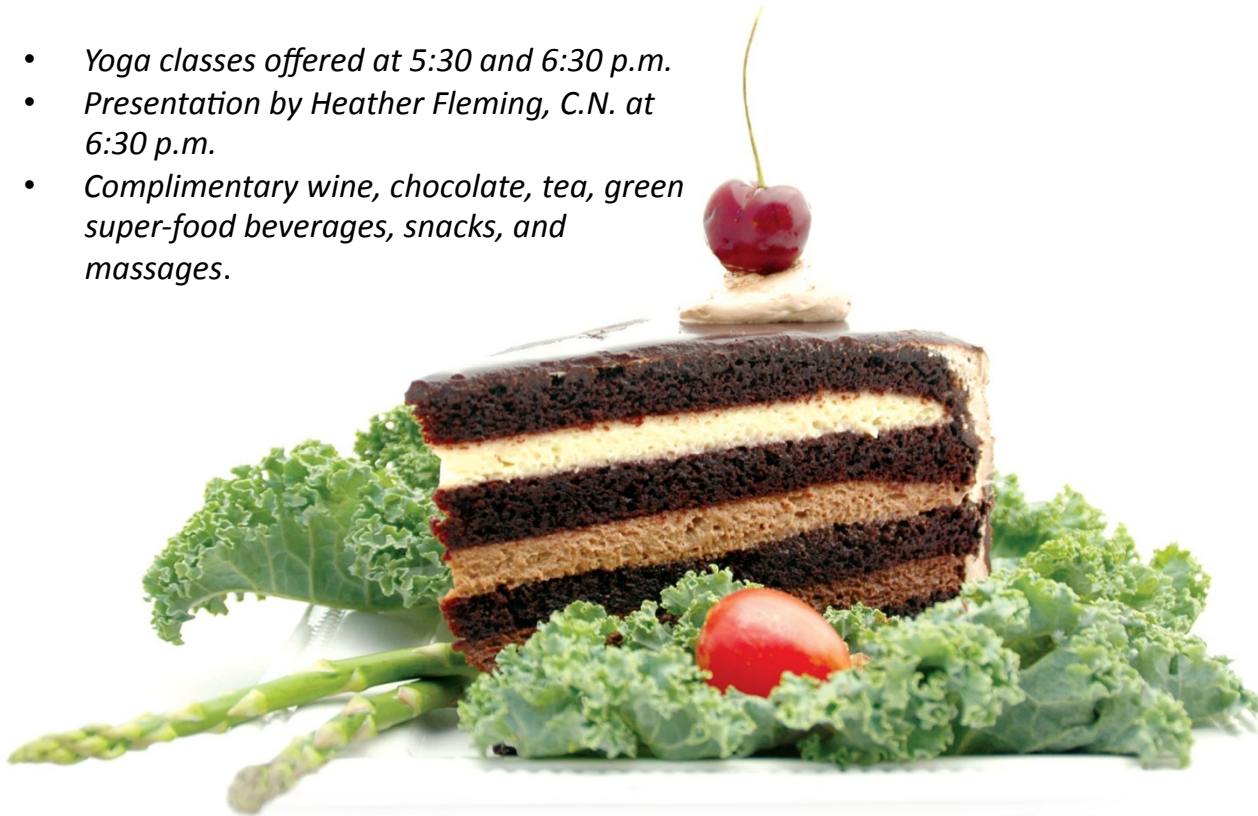


Have it ALL Diet

**Join us on April 25th from 5:30 p.m. – 7:30 p.m. for our
Wine, Chocolate and Stress Awareness Event**

- *Yoga classes offered at 5:30 and 6:30 p.m.*
- *Presentation by Heather Fleming, C.N. at 6:30 p.m.*
- *Complimentary wine, chocolate, tea, green super-food beverages, snacks, and massages.*



How to eat real food without counting calories,
feeling guilty or restricting yourself.

Heather Fleming, C.N.