

NUTRITION CLASSES

Do you want to improve your HEALTH

Come & Join us

Where you learn PROPER Nutrition

LEARN

How to improve your health the healthy way

Lose the extra pounds

Get your energy back

And just feel good about your self

You will receive:

- Your own personal coach
- FREE body analysis
- Group support and much, much more!



Donna (above) age 70 has lost 30 lbs and gone from a size 22 to a 16 and has been able to get her diabetes under control.

Shelly from Action Gas has lost 44 lbs & gone from a size 22 to a 14 in 3 months and feels better then she has in a long time.

EVERYONE WELCOME

Classes

Every Thursday @ Senior Center

Time: 10:30 – 11:30

Call for more information

Jackie

575-423-3267

Cell 575-491-2859