

Your Class Line Up

Monday Nights | 7:45pm - 8:45pm

Enclosed is your sample for:

- Getting Healthier in a Changing World: From Surviving to Thriving

Date: _____

Join us next for:

Join us for ALL 3 classes for a chance to win a prize!

- The World is a Hard Place to Stay Healthy But I Am Determined to Build A Stronger Me

Date: _____

- Can't Say It's Boring! Hormones and Libido: Life is All About Balance

Date: _____

*prizes will be drawn on the 1st Monday of every month

sign up at

www.puresenzes.com/events/



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- Everyone's Dropping Like Flies But I'm Getting Healthier

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