

6 Weeks of Wellness

A MIND & BODY RENEWAL

For those looking to begin or restart their wellness journey

MONDAY NIGHTS 6:15 - 7 P.M.
March 18th-April 22nd

*Come for the Peace,
Stay for the Vibe,
Leave with the Tools.*



Heather LLC
PEER SUPPORT SPECIALIST



\$199

Register by Valentines Day for a **Free** Vital Protein and **Free** Vitamin D Supplement (Value \$39)

For more info contact: megan@shapeitupfitnessmn.com or heather@iamoneoffive.com