

FRESH START

Experience

Refresh your
Mind * Body * Soul



Event Includes: **\$30**
per person

- Choice of Fitness Class to experience
- Delicious Continental Breakfast
- Presenters on Wellness & Mindfulness
- "Simmer & Savor" Clean Cooking Class
- Dedicated time for YOU!

**Saturday, January 24,
8am - Noon**

LIMITED AVAILABILITY - 20 MAXIMUM GUESTS

SECURE YOUR SPOT NOW!

Merrick Co. Health & Fitness Center

2502 23rd Avenue * Central City * 308.946.2974

www.ccfitnesscenter.com



featured guest presenters.

Dr. Rachel, DNP, FNP-C, Integrative & Lifestyle Nurse Practitioner

"Spicy" Joyce Miettinen & Bobbi Vincent, Intuitive Coach

Denise, Linda & Susan, Fitness Center Class Instructors