

# 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 23<sup>rd</sup> Avenue \* Central City \* 308.946.2974**

**[www.ccfitnesscenter.com](http://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