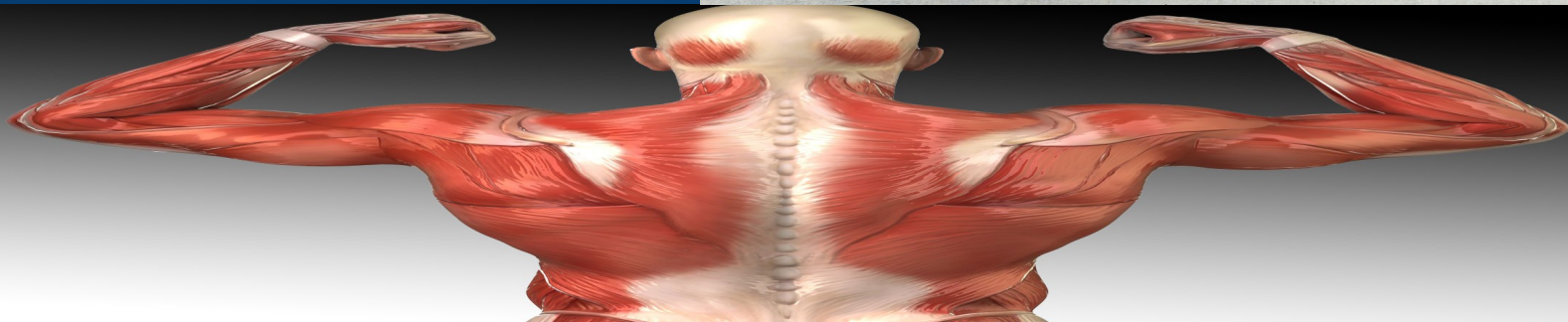


MOVE

EASY MOVE WELL TIPS

WELL

Check the Calendar of
Events for Next Date



MOVING MADE EASY

TAKE CHARGE OF YOUR LIFE ...

- ◆ STICKING TO YOUR HEALTH GOALS!
- ◆ STAYING ACTIVE AT WORK
- ◆ BUILDING YOUR IMMUNE SYSTEM
- ◆ BOOSTING YOUR BRAIN POWER
- ◆ NO GYM MEMBERSHIP REQUIRED



SPACE LIMITED - RESERVE TODAY - (715) 835-9514
2105 E. Clairemont Avenue, Eau Claire, WI 54701

Bring a notebook so you can record all the good tips / recipes