

JOIN US FOR

# HEALTHY HAPPY

*Hour*



**WE CAN HELP WITH:**

**Weight loss**

**Energy**

**Digestive health**

**Muscle gain & fitness**

**General health, vitality & wellness**

**Come along and try some products, check out  
results & have a chat. No pressure or judgement!**

**Second Monday of each month at  
Lakespa, Charmhaven 6pm-8pm**

**Contact Kylie 0415816430 or Virginia 0404101327  
for more details**