

Healthy Habits Healthy You



**ABSolute
PILATES**
Strong Bodies, Open minds



The next best thing to **fruits** and **vegetables**.

 **the co-operators**
A Better Place For You™

Hosted by Little Specialty Shop
14 Main St West
Smiths Falls, ON
613-283-8142
www.consignlss.com

**Join us Saturday,
April 24th from
1 - 4pm**

This event is complimentary we ask that you bring a non-perishable food item for the foodbank as your entry fee.

There will be six professional women here to help you get your mind and body on track with healthy habits this season.

Bra fit with Shelby

Consult with Registered Holistic Nutritionist Stefania Moffatt

Pilates Demo by Debbie Michelin

Boost your health with

Juice Plus+ by Donnalyn Murphy

Mineral Makeup Application by

Barb Willoughby

Insurance and Investment

specialist, Jeanette Spinelli