

5 Steps to Slim, Strong, and Sexy

Saturday, March 16th

4:30-5:30pm Invati Yoga

11850 Oceola Rd, Lake
Country, BC

Pre register required

Only \$5 donation

Call : 778.480.3335



www.askmichale.com



**Get a head start to summer
with Your Best Body!**

Join Nutrition Expert Michale
Hartte BAsc (Nutr), CH, NNCP



- **Reset metabolism**
- **Balance hormones**
- **Recharge energy**
- **Simple solutions.**

**Whole Body Health
Approach proven to
work fast!**

