

## Please Join Us! Bring a Friend!



### Clean Up Your Body for the New Year Thursday, January 5th, 6-7:30 p.m.

**Presenter: Terri Work, Pampering Place Day Spa**

Learn how to combat daily living in a toxic environment, by learning your options to detoxify your entire body. Terri will briefly discuss use of a far infrared sauna, ion cleanse detoxifying foot baths, and the use of a power step exercise machine.

**Be the 1st to Sign Up & Bring a Friend and you'll get a free foot bath during the event - \$35 Value!**

Terri Work, a 5th generation native Coloradoan is the owner of The Pampering Place Day Spa. She is a licensed aesthetician and manicurist as well as a certified massage therapist, specializing in neuro-muscular. She is a graduate of Regis University with a Bachelors Degree.

**Presenter: Sandra Oliver, Spicy Lotus Fitness LLC**

Clean eating for a new you! Creating new habits one bite at a time through better nutrition choices without depriving yourself of occasional treats. Create a food 'hit list' of healthy options and correct portion sizes. Learn to identify what foods increase your daily energy, and which ones drag you down.

Sandra Oliver is a certified Personal Trainer who loves to make fitness fun! Her pursuit of helping others create a healthy lifestyle has stretched over a decade, and she continues to explore new ways to share her love of a health and wellness. She incorporates a sense of humor into her speaking style that keeps her participants excited and engaged.

**Investment: \$10**

**Seating is limited, register now!**

**Call to Register - 303-324-6078**