

**Nutritional Seminar:**  
**DROP** the **SUMMER**  
**WEIGHT GAIN**

with Debbie Allen, Holistic Nutritionist



Join Debbie Allen, Holistic Nutritionist, and learn what caused you to put on those summer pounds, and how to take them off.

**Monday, September 22**  
**7:00-8:00pm**

.....  
**Cost: \$10.00 +gst (non-members welcome)**

**FREE to Class Craze Participants!**

**Gilford Room**  
.....

**Sign up at the Fitness Desk.**

