

Open House 2009

October 19th - 23rd

FRIDAY OCTOBER 23rd



At Cambridge

Spa and Nutrition Day

10:30am to 1:00pm

Nutritional information table with Joy McCallum. Visit Joy for information on nutrition, recipes, and a raffle!

Last chance to purchase Open House Mini Spa service sessions, including mini facials, massages, acupuncture, and more!

Enjoy complimentary spa services throughout the day including chair massages.

Meet Healthworks nutritionists and learn how you can live a healthier lifestyle by eating right.

HEALTHWORKS

FITNESS CENTERS FOR WOMEN