



FIRSTplace

FOR HEALTH

Wellness Workshop

YOUR WELLNESS JOURNEY STARTS NOW

Living strong and healthy is about freedom, not perfection. Join us for a day focused on your wellness.

**Saturday, Sept 21, 2019
10AM to 2PM**

Beach Lake United Methodist Church
7 Milanville Road
Beach Lake, PA 18405

COST IS \$15

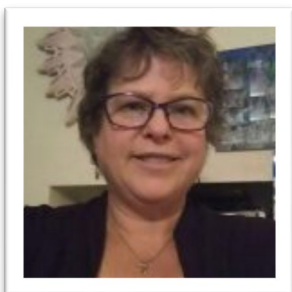
Includes: lunch, material & activities
*price goes up to \$20 after Sept 14th

REGISTER ONLINE

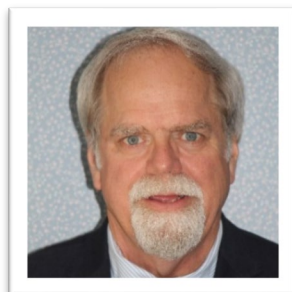
www.FirstPlaceforHealth.com

MORE INFO

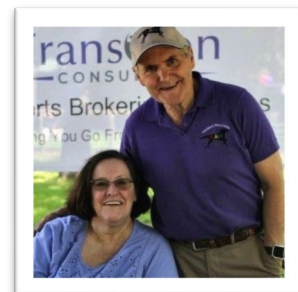
Allison Francesco - Regional Leader
570-729-8885
allisonfrancesco@gmail.com



Allison Francesco



Ken Hodgson



Gladys and Paul Stefany