



Nutrition 101



FREE SEMINAR

Presented by Spa 23's
Registered Dietitian

UPCOMING SEMINARS:

Saturday, January 2nd
12:30—1:30pm

Saturday, February 13th
12:30—1:30pm

Saturday, March 13th
12:30—1:30pm

Saturday, April 17th
12:30—1:30pm



The New

Spa 23

Health & Racquet Club

381 Rt. 23 • Pompton Plains • NJ 07444
973.839.8823
www.Spa23.com

Non-Members welcome for only \$20
Please Register at the Front Desk

or call Spa 23 to RSVP
(973) 839-8823

