



Nutrition 101



FREE SEMINAR

Presented by Spa 23's
Registered Dietitian

UPCOMING SEMINARS:

Saturday, July 17th
12:30—1:30pm

Saturday, August 7th
12:30—1:30pm

Saturday, September 18th
12:30—1:30pm

Saturday, October 16th
12:30—1:30pm



Non-Members welcome for only \$20
Please Register at the Front Desk
or call Spa 23 to RSVP
(973) 839-8823

The New
Spa 23
Health & Racquet Club

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