

AUGUST 2015

Wellness WORKS_{NW}



ISALEAN SOUP TASTINGS

WEDNESDAY AUGUST 5TH &
TUESDAY AUGUST 18TH 3-7 PM

NUTRITIONAL MEAL ALTERNATIVE THAT WILL
SQUASH CRAVINGS AND SATISFY YOUR SPIRITS. 23
ESSENTIAL VITAMINS & MINERALS AND 24 G OF
HIGH-QUALITY UNDENATURED WHEY PROTEIN.



ISALEAN SHAKE TASTINGS

THURSDAY AUGUST 6TH &
WEDNESDAY AUGUST 19TH 6-9 AM

A BALANCED 240 CALORIE MEAL REPLACEMENT.
23 VITAMINS AND MINERALS AND 24 G OF
PROTEIN. AVAILABLE IN KOSHER & DAIRY FREE.

@ FOREVER FIT GYM ~ 1211 18TH AVE. LONGVIEW, WA
WellnessWorksNW.com For more information call Karen

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