



# NUTRITION & HYDRATION WORKSHOP

Do you want to gain knowledge,  
change your diet, eat healthier,  
lose weight but don't know where to start?

This workshop is for you!!!

**FEB 4 --- 2-315PM**

MOBILE IV HYDRATION WILL JOIN  
US FOR HYDRATION!

**B12 SHOTS INCLUDED IN COST OF WORKSHOP.**

**\$35**

Scan Code to Sign up!!

Mobile IV Consent  
form-B12 shot

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**venmo**



Mobile IV Consent