

MAXIMIZE YOUR RESULTS

FUN!

**FEBRUARY 28TH
6:30 PM – 8:30 PM**

GIFTS!

Fitness Strategies for the Busy Professional

Discover training techniques to get great results in half the time.

Learn how to successfully eat healthfully on the go.

Discover what to order when the drive-thru is your only option.

Receive a personalized nutrition analysis!

Brought to you by Concita Thomas
Anytime Personal Training
www.anytimept.com
(214) 257-0146

Beauty Strategies for the Young at Heart

Discover secret strategies to create the illusion of flawless skin.

Take 5 years and 5 pounds off your appearance!

Create the illusion of well rested eyes.

Receive a customized look, specifically designed just for you!

Brought to you by Shelley Hines
Mary Kay Senior Consultant
www.marykay.com/shelleyhines
(972) 966-0760

**This event is FREE, but you must register as space is limited. A light dinner will be served.
Please register by contacting Shelley Hines at mkshines@msn.com or 972-966-0760**