

Peace on Earth Begins With Me

Would you like to bring *Joy to the World* and
Sleep in Heavenly Peace while you
Deck the Halls and *Have Yourself a Merry*
Little Christmas?

Kay Chung, Pharmacist and Integrative Health
Practitioner will discuss lifestyle, food, and
supplement options to help with all this at our
next FREE Lunch and Learn.

Monday, December 11

12:15-1 pm

Curves Federal Way

32020 1st Avenue South

253-661-7701

Everyone is Welcome!

You don't need to be a member to participate.

Bring your lunch & a friend!