

Learn to eat right & turn
your body into a fat
burning machine!

FREE DINNER WORKSHOP



Join us for a free cooking class,
weight loss workshop, & dinner

We are excited to host one of
Kitsap's premier chefs from **THE LOFT**
for a cooking demonstration, followed
by a workshop led by **Dr. Gill, DC** on
natural solutions addressing permanent
weight loss. We will be offering a light
dinner at the conclusion.

WEDNESDAY, JAN. 17th, 6:45pm

**Silverdale Beach Hotel 3073 NW Bucklin Hill Rd.,
Silverdale, WA 98383**

Bremerton Wellness
A better you, today



Kingston Crossing
WELLNESS

the loft

poulsbo, wa

**LIMITED TO 30 ATTENDEES – RSVP TODAY!
(360) 627-7408 TEXT: (360) 900-3809**