




# eat and be well

Book any Nutrition Consultation Package and receive a **FREE** 1/2 hour personal training session!

**A \$30 value!**

\* Offer good on any Nutrition Consultation package. May not be combined with any other offer. Limited time promotion.

**Centegra  
Health Bridge  
Fitness Center**

**WELL BEYOND EXPECTATION<sup>SM</sup>**