

Abby's Health and Nutrition


JANUARY
2018





"Better Health Through Education"

14374 N. Dale Mabry Tampa, FL (813) 265-4951

www.abbyshealthandnutrition.com

**Happy
New Year!**

Chair Massage Days 10am-2pm Look for  *Call for Pricing

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31 	1 	2 	3 	4	5 	6 
7	8	9 	10 	11 Free Hormone Seminar w/ Abby Sayler 7pm	12 	13 Free Vegan Cooking Class w/ Ashley 10:30am 
14 Blood Cell Analysis w/ Brandi Stewart	15 Nutrition 101 for Kids & Parents "Eat Real" w/ Nancy 9am	16 	17 	18	19 	20 
21	22 	23 	24 	25 Free Gut Health Seminar w/ Abby Sayler 7pm	26 	27 
28 	29	30 	31 	1	2 	3  