

Abby's Health and Nutrition

"Better Health Through Education"

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

www.abbyshealthandnutrition.com

AUGUST

2017



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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29	28	1 Free Seminar "Sugar Cravings" w/ Lynne Wadsworth 7pm	2	3 Free Massage FRIDAY!! 10AM-2PM	4	5
6	7	8	9	10 Free Massage FRIDAY!! 10AM-2PM	11	12
13	14	15 Free Cooking Class "Herbal Cuisine" w/ Debby DeGraaff 7pm	16	17 Free Massage FRIDAY!! 10AM-2PM	18	19
20	21	22	23	24 Free Massage FRIDAY!! 10AM-2PM	25	26
27	28	29	30	31 Free Hormone Seminar w/ Abby Sayler 7pm	1	2