

Abby's Health and Nutrition

"Better Health Through Education"

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

www.abbyhealthandnutrition.com



OCTOBER

2017

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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4 National Kale Day! 	5	6 Free Massage FRIDAY!! 10AM-2PM	7 Free Cooking Class w/ Debby DeGraff 11am
8	9	10	11	12 Free Hormone Seminar w/ Abby Sayler 7pm	13 Free Massage FRIDAY!! 10AM-2PM	14 Green After Dark Market @ Urban Roots 5pm-9pm
15	16	17	18	19	19 Free Massage FRIDAY!! 10AM-2PM	20
21 National Pumpkin Cheesecake Day! 	22	23	24	25 World Pasta Day! 	26 Free Massage FRIDAY!! 10AM-2PM	27
28	29	30	31 happy halloween	28	29 Free Massage FRIDAY!! 10AM-2PM	30