



IN-BALANCE

IN-BALANCE WELLNESS STUDIO



RISE of ROYALTY

RISE OF ROYALTY CO



**WINDY PINES
FOUNDATION**

THE WINDY PINES FOUNDATION

PRESENT:

Balance & Belonging: Community Nutrition Workshops with Dani

Empowering healthy eating practices



Workshops are from 6pm– 730pm
January 14 & 28,
February 11 & 25,
March 11 & 25,
April 8 & 22,
May 6 & 20,
June 3 & 17

@ In-Balance Wellness Studio

Scan QR to register for
FREE workshops today!

Call or text 719-501-1348
In-Balance Wellness Studio

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