

WINTER DATES: JAN 6, FEB 3, MAR 2

RELAX! REJUVENATE! REENERGIZE!

FIRST FRIDAY!

Join us on the first Friday of each month for an opportunity to treat yourself or have some family fun:

- Wellness Services
 - acupuncture demos, spinal screens, chair massage
- Spa Services
 - mini manis, mini makeovers, paraffin dips
- Family Yoga class—fun for ALL

Only \$15 per person or \$25 per family!

Penridge Wellness Center

1281 Route 113

Blooming Glen, PA

www.facebook.com/pennridgewellness

www.pennridgewellness.com

TIME: 5:00PM-7:00PM

For tickets or info:

215-257-3938