

The Vitamin Shoppe 60 Blanding Blvd. Orange Park, FL

## JANUARY 17, 2015 COMMUNITY WELLNESS CONSULTATION

## Wellness of Body, Mind, Soul, and Spirit!

A Community Wellness and Health Advocate will present nutrition and fitness information. Community Wellness Consultation is a community wellness outreach for everyone to learn the basics of healthy nutrition and exercises for a healthy quality of life. Walk-ins are welcomed. For personal appointments, email full name, telephone number, and desired time of appointment to butterflyjourneyministries@gmail.com.

Personal Schedule Appointment Times:

- (1) 11:00 a.m. to 11:30 a.m.
- (2) 11:40 a.m. to 12:10 p.m.
- (3) 12:20 p.m. to 12:50 p.m.

The body is a temple (1 Corinthians 6:19-20).

Session dates and times could change or cancel without further notice because of unforeseen occurrences.

## Fitness and Nutrition Wellness

Providing healthy nutrition and fitness information to assist individuals in gaining and maintaining wellness of body, mind, soul, and spirit.

Thirty-minutes
Personal Wellness
Consultation

Everyday wellness for everyday people

Community
Wellness
Advocate

BUTTERFLY JOURNEY MINISTRIES

Post Office Box 65326 Orange Park, FL 32065 (904) 228-5791

www.butterflyjourney.org

January 17, 2015 11 a.m. to 1 p.m.