



Boulder Nutrition & Exercise Services

2885 Aurora Ave Suite 31 Boulder, CO 80303 phone: (303) 440-1015 fax: (303) 440-8990
www.bouldernutritionexercise.com

COME MEET OUR TEAM! OPEN HOUSE EVENT

Thursday, October 14th, 2010
4:30pm – 7:00pm

Do you have questions on how to live a more healthful life?

Know you should eat better but not sure how to make changes?

Have questions about our nutrition or exercise programs?

RSVP today
for this fun,
FREE and
informative
event.

(RSVP requested but not required.)

- 4:30pm: Meet our Friendly Staff Team
 - 5:30pm: 15-minute Yoga Class Sampler
 - 5:45pm: Drawing for Fabulous Prizes
 - 6:00pm: Finding YOUR Formula for Health Discussion
 - 6:30pm-7:00pm: Q&A, Social Time
- ✓ Enjoy light refreshments – take away ideas & recipes for a healthy happy hour.
 - ✓ Take advantage of special pricing on our services during the open house event!

Bring in this flyer to register for fabulous prizes and discounts.

NAME: _____

PHONE: _____

EMAIL (for special offers): _____

HOW DID YOU HEAR ABOUT US: _____