

Bored With Your Workout Routine?

Join us every Monday at 6:30pm for a fat-burning Zumba class!

Zumba is a perfect complement to your weight loss program and will help you get the body you want even faster!

And it's super fun!

Anyone on a program at Lighthouse Health can come and bring friends!



LighthouseHealth
& BODY MAKEOVER



June's Cooking Classes

Wednesday, June 3rd – 5:30pm - 6:30pm
Summer Sensations Cooking Class –
Lemony Cucumber Salad

This summer salad is a light, refreshing meal packed full of zesty flavor! Don't miss out on this healthy and delicious recipe!

Wednesday, June 17th – 5:30pm - 6:30pm
Candida Cooking 101 –
Chicken Quinoa Salad

Mix it up with a meal that's packed with protein and fresh flavor! A perfect fit for any of the Candida or Maintenance Programs.

