



# 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.*

