



Bored With Your Workout Routine?

Join us Monday, May 4 and May 11 at 6:30pm for a fat burning Zumba class!

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

Plus, it's super fun!

Also, Monday, May 18th, join us for a Strength Training Class!

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



LighthouseHealth
& BODY MAKEOVER



May's Cooking Classes

Wednesday, May 6th – 5:30pm - 6:30pm

*Spring Delights Cooking Class –
Tossed Salad with Jalapeño Vinaigrette*

Spice up your spring with this savory salad! No more boring salads for you! This tasty salad is packed with veggies, so it's super nutritious, and delicious too!

Wednesday, May 20th – 5:30pm - 6:30pm

*Candida Cooking 101 –
Tuna Stuffed Avocado*

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

