



# FREE Holiday Luncheon At Your Office!

*'Tis the season for lots of traffic and hectic lunch hours!*

*With holiday shopping at a peak, it can take an entire lunch hour, just to drive to a fast food restaurant and back!*

Spread some holiday cheer by letting your staff have a FREE luncheon, right at your office! They'll be thrilled to avoid the holiday traffic jams!

Here's what we're offering:

1. We come in for a 30-minute luncheon
2. We bring the food!
3. We share a short presentation entitled,  
**"Steps To Eliminate 'Holiday' Stress in Your Life"**

Don't worry, we aren't going to sell anything! We'll just leave you with lots of great ideas--especially for reducing the stress during the holidays!

What's the catch you ask? We simply ask that you gather between 10 to 20 people in your office. This is the way that we, at Lighthouse Health and Body Makeover, give back to the community. We take a great health message straight to the working people in our community.

This is our grass-roots effort to educate those around us on things people can start doing on a daily basis to keep their stress levels down and become vibrant and healthy!

This is a great way to send a Holiday "Thank You" to your staff!

If you're ready to spread some extra holiday cheer in your office this season, call Lighthouse Health now at 265-3400 to schedule. Ask for Jen! Your co-workers will thank you!!