

# *Treat Your Office to a FREE Lunch!*



## *Our Corporate Luncheons are a Fun and Convenient Way to Show Employee Appreciation!*

Gain a morale boost in the office by letting your staff have a **FREE luncheon**, right at your office!  
They'll be thrilled to be served a free lunch and learn about living a healthier life.

### **Here's how it works:**

1. We come in for a 30-minute luncheon.
2. We bring the food!
3. We share a short presentation entitled  
“Steps to Living in Optimal Health.”

We'll leave you with lots of great ideas--especially for reducing the stress and increasing energy  
to manage life, work, and family.

What's the catch you ask? We simply ask that you gather between 10 - 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 say “Thank You” to your staff!

**Call Lighthouse Health now at 801-265-3400 to schedule. Ask for Farah! Your co-workers will thank you!!**

715 E 3900 S, #107  
Salt Lake City, UT 84107  
(801) 265-3400  
[www.LighthouseHealth.com](http://www.LighthouseHealth.com)