

WIN A FREE TABLET!

- ♣ 7.85" Nextbook Tablet
- ♣ 8GB of Memory
- ♣ 8" High-Resolution Touch Screen



Winning Ticket Will
Be Drawn on March 31st!

LIGHTHOUSE PROMOTION OF THE MONTH

Earn Tickets as Follows:

- ♣ 1 Ticket for Keeping an Appointment
- ♣ 1 Ticket for Being on Time
- ♣ 1 Ticket for Each Pound Lost
- ♣ 5 Tickets for Bringing a Friend to the Cooking Class
- ♣ 10 Tickets for Each Referral That Attends Our Wellness Class

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