



SAT MAY 11 - 9AM-NOON WELLNESS & BEAUTY EVENT

Join us for some “me” time

We all lovingly give our time to our family and friends – but often forget to take time for ourselves. Relax, recharge, and take some time for yourself on Saturday, May 11, at Curves Miller Hill.

- ❖ Try a workout or a little Zumba (you might be surprised to find out how fun and easy exercising can be!)
- ❖ Get some makeup tips or a complete makeover.
- ❖ Have a mini massage.
- ❖ See the latest trends in fun workout wear and jewelry.
- ❖ Find out if you are wearing the proper bra size (most of us aren't!)
- ❖ Get a personalized gait assessment to determine the best type of shoe for you
- ❖ Enjoy a smoothie or mimosa with friends
- ❖ Discover the joy of surrounding yourself with a community of caring and like-minded women.

Door Prizes and Special Promotions

**Find out why so many
women of all ages are
getting healthier and
happier at Curves
Miller Hill**

**Meet women who are
passionate about
helping other women
live their best lives.**

**Good for the body,
mind, and soul.**

Do this for YOU!

CURVES MILLER HILL

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curvesmillerhill.com

SEE YOU THERE