

**Back in Line
Family
Chiropractic
invites you to
FAMILY FAVORITE
MEALS DONE WITH
A HEALTHY TWIST
WORKSHOP!**



LOCATION:

BOTTLEWORKS

In the Revolution Realty Office
**900 2nd St SE Suite #105
Cedar Rapids, IA 52401**

RSVP:

allie@mybackinline.com
319.892.3363

*Sponsored by Back in
Line Family Chiropractic &
Wellness

6:30 PM

Aug 14 2014

FOOD PREP

WORKSHOP

Join Back in Line and Health Coach Jackie Fetter with Honest Living for a fun night on recipe ideas and taste testing of some of our healthy-change-ups to jump start your family meal planning. It's proven fact, when you spend a little extra time meal planning you not only save money but eat healthier too! You'll take home a small dish and TONS OF HEALTHY TWISTS for your family!

The cost is **FREE TO ATTEND!** PLEASE RSVP AND BRING FRIENDS!

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