



Healthy New Year... Happy You!

The One Stop Resource for Your New Year Planning

Join us on Thursday, November 8, from 5 to 7 PM to learn from a variety of local businesses how you can stay healthy over the holidays and into the new year!

Discover and Reach Your Next Level in Fitness

St. Laurent Health and Performance, LLC

Safe Winter Driving

Fazzano & Tomasiewicz LLC

End The Vicious Diet Cycle with a Clinically Proven, Doctor Recommended Program That is 100% Guaranteed.

Get Healthier Now

RELAX

Massage by Kat and Sach

Reflexology by Julie

Get Sweaty in Hartford this Winter

Bikram Yoga Downtown Hartford

Home Cooked Dinner; Delivered to Your Home

October Kitchen

Train Your Brain to Up Your Game – In Life, Sport, or Business

Inner Winning Coaching

Relieve Your Pain

Connecticut Chiropractic LLC

Take Some Stress Out of Your Life – Hire a Tax Professional

Montovani, Murray, Nemphos & Tierinni, LLC

**FREE
ADMISSION &
EXCITING
DOOR PRIZES!**

This event will take place at the St. Laurent Health and Performance studio, (located in the back, lower level of the same building as Lenox Pharmacy & ReMax East of the River.

307A East Center Street . Manchester . 860-783-5504 . www.stlaurenthp.com