

# *Your Best Health* **IS IN THE BAG.**

*Come join the fun*  
**Friday August 26th**  
**from 5-9**



*Be a part of Ladies night out, discover your "purse-onality and improve your health for a long and vibrant life. This Ladies only event welcomes you to laugh, learn and revitalize. Explore the services provided by local ladies from local businesses and share in their health and pampering secrets. For one evening take the time out and make your health a priority. A healthy body is a happy body.*

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The following participants will provide impactful, relevant, easy to understand health and beauty information as well as free samples or treatments.

**Sherri Beauchamp DC, Beauchamp Chiropractic** - Specializes in gentle treatment and rehabilitation of spinal and extremity pain of the muscles and joints.

**Angela Kalendar N.D., Nature's Way To Health** - Owner of Prince Frederick's Health Food Store. The perfect local stop for all your organic groceries and supplement needs. As an added benefit Angela is a certified Naturopath.

**Darcy Cooper, Body Shapers Fitness Club For Women** - Each trainer is dedicated to developing the perfect program for you to reach your maximal fitness goals.

**Colette Ruopp, Curves-Sunderland** - Specializes in circuit training for women on the go.

**Lisa Wright, Calvert Nutrition** - Delicious shakes to take away your extra jiggle. Samples available.

**Patricia Simpson M.S., LCPC, Heart Path Yoga** - Combining her experience as a licensed mental health counselor to the yoga experience. She truly is a guide to mind, body, and spirit.

**Aurora Young, Skin Care Energy Therapist/Owner of Aria Spa** - Bringing the highest standards of excellence to you by combining natural skin care with deeply relaxing and regenerative techniques benefiting fitness, beauty, vitality, and health.

**Gather your girlfriends and come out to laugh, learn, win door prizes, and celebrate your commitment to feeling your best.**

Call Rachel at 410-257-4448 and let her know you will be coming.



**Beauchamp Chiropractic & Wellness**

**10343 Southern Maryland blvd. Dunkirk Md. 20754**

[www.chirosplus.com](http://www.chirosplus.com)