

Heavenly Creations is proud to present:  
*Health & Beauty: Inside & Out*



**Mondays 6:30-7:30pm at Heavenly Creations \***

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|-------------|---|
| January 30  | Kickoff & Introduction  |
| February 13 | Naturally Sweet & Healthy:<br>Valentine's special featuring<br>natural sweeteners |
| March 19    | Local Grocery Shopping Tour   |
| April 9     | Health & Beauty on the Move   |
| May 7       | Natural Skin Care & Nutrition for a<br>Beautiful You                              |
| June 4      | Healthy Living on a Budget:<br>Healthy Couponing 101                              |

**Sign up today. Space is limited.**

Each class includes yummy healthy food samples, take-home recipes for foods your family will enjoy, coupons, natural beauty tips, & more REAL world information to help you look & feel better.

\*Heavenly Creations Hair Salon located 2322 N Church St, Burlington, NC 27217  
Sponsored by Heavenly Creations Hair Salon & The Take Back Tour Health Ministry  
[www.thetakebacktour.com](http://www.thetakebacktour.com) email: [takebacktour@yahoo.com](mailto:takebacktour@yahoo.com)