

It's Good For Me Chiropractic Wellness Center

3225 Keith Bridge Rd# B

Cumming GA 30041

404-409-9180

Gentle Chiropractic*Massage*Life Coaching*Body Cleansing

“Your Partner In Health and Vitality”

Ideal Protein: *The Only Weight-loss Protocol You'll Ever Need!*

YOU WILL:

- Lose 3 to 7 lbs. of FAT Per Week
- Re-establish Health and Vitality, “inside-out”
- Reshape your body
- Enjoy a Healthier - More Satisfying Life-Style
- Doctor Assisted Program



Presentation dates: Friday Jan 21st, 6-8pm & Friday Feb. 4th, 6-8pm

We also have

Yoga: Wednesdays at 6pm/ Saturdays at 830am

Zumba: Saturdays at 10 am

All Classes \$10

www.forsythwellness.com