

Win \$250.00!!!
Health Solutions'
Assess for Success®
Celebration!!!!



This is a promotion to encourage individuals to **just be assessed** so they objectively know their current health status and can measure their future improvements.

Goal: To improve an individual's overall health and reduce the number and severity of their soft tissue injuries.

At your worksite! (flat fee) or Wednesdays 1x/month from 5:30PM to 7:30 PM at **Cambria's** meeting room, the Riverhills Mall, 1850 Adams St., Mankato, MN. On Wednesdays, Aug. 21st, Sept. 25th, Oct. 23rd, or Nov. 20th.

Fee: \$29.50/assessment Choice of Body Compositions , Low Back Fitness or Carpal Tunnel, Neck, Shoulder & Elbow Assessment

Deadline: December 1, 2019 Drawing and Prizes awarded December 2, 2019 (One ticket/assessment)

Questions? Call Deb Lundberg @ 800.671.2154