



WORKSPACE v 5.2

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- Inbox
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- Templates
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- Trash** [\[purge\]](#) (33)

- constant contact (1)
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- schedules (1)
- subs
- website

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Trash > Message Detail Entire thread

Subject: Nutritional Services Offered at Orchards


From: Randi Fuller <groupex@orchardsathleticclub.com> [\(Add as Preferred Sender\)](#)

Date: Thu, May 20, 2010 2:01 pm

To: groupex@orchardsathleticclub.com

Orchards Athletic Club
Nutritional Services

Summer Special



Come into Orchards during the times below to receive your FREE nutrition consultation. Brittney will explore with you:

- ideal weight
- objectives
- behavior change strategies
- keeping food records
- Personal goals
- Caloric needs

Mondays 8am - 12
Tuesdays 4pm - 9pm
Wednesdays 8am - 12
Fridays 4pm - 9pm
Sundays 8am - 12