

Health & Wellness

FAIR OCT 22
10:00AM - 2:00PM

Total WOMAN Gym & Day Spa

910 S BIRCH STREET
GARDEN LEVEL, BREA
714-256-4974



Discover new ways to stay healthy at the Family Health & Wellness Fair! Halloween Costume Contest for the Kids!

Free information and screenings are available to help you enjoy life to the fullest. So, mark your calendar and visit the Total Woman Gym on Saturday, October 22, 10AM-2PM to start new healthy habits that will last a lifetime!

FREE Information & Services:

Fitness Programs, Health Insurance, Physical Therapy, Healthy Cooking, Invisalign, Hypnotherapy, and much more...



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invisalign