

“Who said wine and chocolate aren't healthy?”



“Women’s Health Night through Wine & Chocolate”

Join Certified Wellness Coach, Laura Crooks for an evening of wine and chocolate. What better month to discover the health benefits of chocolate and wine! February is Heart Health Awareness Month and Valentine's Day. Laura will teach you the "right" way to eat chocolate and discuss the many ways that wine and chocolate can enhance your heart health.*

(*Event only open to women age 21 or older. Please bring your ID.)

February 19th, 2014

7:00 – 8:30 p.m.

**Located at Metamorphosis
300 Cedar Hill Drive
McMurray, PA 15317**

Cost: \$25 (includes wine, chocolate and all materials)

**** RSVP by Feb. 17th ****

Register at www.metamorphosiscenter.us