

**Workshops at the
Center of Ageless Living
Held on the Third Tuesday
of every month 12noon-1pm
In the Education/Training Room**

**Feb 15– New Year Tips on weight loss
and how technology can help!
“Can my smart phone make me skinny?”**

**March 15-Dress up your
Salad Dressing!
Tips on how to make a delicious
salad dressing**

**April 19-Super foods that help you
stay healthy and look younger!**

**May 17– Going Green at home and in
your car! Tips on how to make
simple changes to “green up”
your life**

**June 21-Protecting & Caring for
Your Skin & Hair in summer!**

**July 19– Stress Reduction
techniques and the benefits of
aromatherapy!**

**August 16-Poolside Fun
How to make Refreshing
Summer Drinks**

Workshops are \$5.00

*Spa members, Employees, Residents and
Family of Residents are FREE
Bring your own lunch or enjoy our Bistro
Workshop Lunch Special only \$5.00*

*Please call in advance to inform us of your
attendance class size is Limited 865-8813*



**visit us at
gardengatespa.com
For additional class
schedules and Spa &
Salon mini workshops**

grow ageless

garden gate
day spa & salon

505.865.8813