



*Formerly Live Fit Spa*

GRAND OPENING: Educational Sessions on a variety of health related topics.  
Must register for each session you wish to attend. Seating limited. Call today!

**To Register Call 727-461-3896**

12:00 PM - 12:30 PM

Cutting edge laser technology that reduces pain & increases cellular healing significantly

- Lecture by Roger Neal, LMT

12:30 PM - 1:30 PM

Receive actual laser treatment

1:30 PM - 2:00 PM

Understanding the true benefits of massage therapy

- Lecture by Adelia Bennett, L.M.T.

2:00 PM - 2:30 PM

Hot Stone Massage Therapy Benefits

- Lecture by Adelia Bennett, L.M.T.

2:30 PM - 3:15 PM

Natural Drug Free Neuropathy Pain Relief

- Lecture by Roger Neal, L.M.T.

4:00 PM - 4:30 PM

Drug free reduction of scar pain, adhesions, and appearance naturally

- Lecture by Roger Neal, L.M.T.

4:30 PM - 5:30 PM

Scar Release Q&A and Treatment Demonstration

5:30 PM - 6:00 PM

Cutting edge laser technology that reduces pain & increases cellular healing significantly

- Lecture by Roger Neal, LMT

6:00 PM - 7:00 PM

Your opportunity to receive laser treatment for specific pain