

Completely Fit 4 Life!

Personalized Nutrition, Fitness, Reformer Pilates Training



www.completelyfit4life.com

MASTER GARDEN CLASS TAUGHT BY LINDSAY DOUGLASS & COMPLETELY FIT 4 LIFE 500 AUBURN FOLSOM RD SUITE 110

COST: \$10 per person

DECEMBER 8TH @ 4:00 PM

What you will learn...

- 1. How to plant your own FALL and WINTER garden**
- 2. Organic gardening**
- 3. What fruits and vegetables are in season?**
- 4. What grows best in Placer County?**
- 5. What products, soil and fertilizer work best with our local soil?**
- 6. Where should we shop locally for the best plants and seeds and CONTAINER GARDENING!**
- 7. You will take home your first FALL or WINTER plant to begin your garden.**



SIGN UP TODAY TO RESERVE YOUR SPOT!