

**SABINO SPRINGS VALENTINES LADIES LUNCHEON
ARIZONA NATIONAL GRILL
TUESDAY, FEBRUARY 11, 2025 AT 11:30A**



**JOIN US FOR A CONVERSATION ABOUT WOMEN'S
HEALTH AND WELLNESS**

**WITH SPECIAL GUEST VANESSA HELMS
OWNER OF CROSS FIT FIXX AND
NUTRITION FIXX**

**MEET AND GREET STARTS AT 11:30A, LUNCH SERVED AT 12:00N
PRESENTATION WITH DESSERT AT 1:00P WITH Q&A**