



Lifetime

Family Wellness Centers

1347 Kapiolani Blvd. 3rd Flr, Honolulu, HI 96814
(808)943-2872 www.LFWCHawaii.com

Lunch & Learn

With our Expert Wellness Doctors

Please complete the form below. Note that our Lunch & Learn talks are scheduled on Tuesday or Friday and some Saturdays. Lunch will be provided by us for the attending staff. Fax form to (808) 947-6570 or email all information to Marketing@LFWCHawaii.com.

Once we receive your request, we will contact you to schedule your event.

Company Name: _____

Address: _____

Phone: _____ Fax: _____

Contact Name: _____ Email: _____

Please Select a Topic

_____ Nutrition

_____ Healthy Living to 100

_____ Stress Management

_____ Headaches and Tension

_____ Women's Health

_____ Fit While you Sit

Preferred Dates

Date: _____ Time: _____

Date: _____ Time: _____

Please contact Jessica at Marketing@LFWCHawaii.com for more information or to confirm your Free Nutrition and Wellness Workshop.

Your Company Deserves to be Healthy!

www.LFWCHawaii.com