



You're Invited to a Shake Party

What: Come enjoy a variety of different shakes/smoothies.

Note: This is a full meal so don't eat before you come!

When: Friday January 23rd at 6:45 PM

Where: Joshua & Chelsey's home

6044 Lanier Heights Circle

Buford, GA 30518

Cost: \$3

Come hungry.....you will leave full!

Don't forget to R.S.V.P. at 770-932-9690

What's a shake party? We will be serving 5 different shakes/smoothies along with other small snacks. The party lasts less than 2 hours. Enjoy delicious shakes while learning how to prepare quick on the go healthy meals. Everyone will go home with all the recipes for their favorite shakes! It's a fun time of meeting new friends and gaining ground on your New Year health resolutions. So come enjoy yourself, mingle and shake it down!