



ROADMAP FOR AN ANTI-AGING LIFESTYLE

COMPLIMENTARY PROGRAM
SPONSORED BY
JAG-ONE PHYSICAL THERAPY



THURSDAY • OCTOBER 17 • 12:30 PM

WHERE

JAG-ONE PHYSICAL THERAPY - WEST MILFORD
179 CAHILL CROSS ROAD • SUITE 308
WEST MILFORD, NJ

RSVP

SPACE IS LIMITED CALL 973-728-5588 OR
EMAIL INFO@JAGONEPT.COM

*A Light Lunch and Examples of a Healthy Meal
will be Provided*

JAGONEPT.COM

SPEAKERS

MEGHAN SCUTTI

(Shop Rite Nutritionist)

FRED SHAFER & SIERRA SHAFER

(Owners of Harvest Moon)

YOU WILL LEARN ABOUT

- Shopping and Eating Healthier
- Nutrition
- Vitamins & Supplements
- Daily Exercises

Plus Meet Anne Kane PT and Sean Kane PT –

Former owners of West Milford Physical Therapy Center and now directing JAG-ONE Physical Therapy, West Milford. Will be speaking about the importance of daily exercises.