

**Melissa S. Eder**

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**From:** Craig B. Clifton  
**Sent:** Monday, April 15, 2019 10:35 AM  
**To:** DL-All AC Family  
**Subject:** Today! Free Smoothie Samples, Smoothie Demonstration

## Healty Smoothie Demonstration Today at *Carter Fitness Center*

Come and Go between 12noon and 1pm

Sample smoothies and learn how to make healthy smoothies

