

Abc Rox

Health & Fitness Workshops

- Saturday 03 July** Food, nutrition, diet, & anti-aging with the superfoods for optimum health.
Megalos Mourtias
- Sunday 04 July** Healthy skin, fight back against aging and wrinkles. Combat illnesses linked to aging.
Milia Bay Apartments
- Monday 05 July** Cleansing the body & Detox
Love your liver
Megalos Mourtias
- Tuesday 06 July** Motivation & exercise, setting goals making a fitness plan & boosting your activity levels, burn more calories and keep fit and slim.
Sunset Cafe
- Weds 07 July** Homemade beauty treatments
Using simple & natural local ingredients
Incorporating a little bit of pampering and relaxation.
Milia Bay Apartments
- Thursday 08 July** Vitamins & Minerals, supplements which are the stars for great health & skin
Sunset Cafe

During workshops there will be **complimentary** products to try plus herbal teas, a refreshing healthy drink and a nutritious snack relevant to the topic of the day.

Everybody welcome!
Just turn up at the specified location, workshops start at 1.00pm and last for approx 2 hours.
5 euros per workshop.