



Saw Creek Estates Community Association, Inc. Recreation Department
Questions? Contact Recreation at (570) 588-9329 Ext 218 or recreation@sawcreek.org

A decorative border of fresh produce surrounds the text. At the top are carrots, a green pepper, an orange, leafy greens, a purple flower, and cherry tomatoes. On the right side are a yellow bell pepper, a bunch of green grapes, two lemons, a bunch of green leafy vegetables, a beet, and a head of cauliflower. At the bottom are green beans, a red bell pepper, a yellow corn cob, and a zucchini. On the left side are a yellow lemon, an apple, a pear, a bunch of raspberries, a yellow bell pepper, a sweet potato, and a head of green lettuce.

SAW CREEK SLIM DOWN

Help to create a healthier and fit
lifestyle for yourself.

PLEASE JOIN US FOR SOME
INFORMAL EXERCISE AND
HEALTH TIPS ON:

MONDAY NIGHTS AT
6:00PM AND
THURSDAY MORNINGS
AT 10:00AM
AT THE TOW MOUNTAIN
ROOM
STARTING JUNE 7, 2010

Feel free to bring your recipes and any exercise tips
that you would like to share with everyone.

Please call the Recreation Dept
at 588-9329 ext. 218