

# THM Meet and Greet with Coach Shannon ~ Appetizers

This is an in-person free class at  
the  
High Ridge Public Library!



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Join me for a time of food, fun and fellowship! We will get to know other local THM'ers, enjoy some great food, test our THM knowledge and have a lot of fun. Please bring a THM appetizer or snack food to share. (S or FP fuels please.)

Please RSVP through **THIS EVENT PAGE** on Facebook.

Have you ever considered getting a coach to help you on your journey but you aren't sure what a coach could do for you? Contact me for a free consultation. I can explain to you how I would help you with no strings attached.