

# 12 Days of Wellness

## **SAMPLE SNACK BARS**

Sunday, December 2 • 9:30-10:30am



## **JOIN HARVEST MARKET FOR SOME SAMPLES & LEARN HOW TO READ PRODUCT LABELS**

Post-workout snack/refuel has tremendous benefits. It stimulates muscle growth and repair, replenishes glycogen stores, helps prevent muscle cramps & spasms, decreases muscle soreness, and improves overall recovery time.

**FREE**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)  
*The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.*

THE  
SWIMMING  
HOLE