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- ✓ Walls, Ceilings Trim & Doors



\$500 OFF

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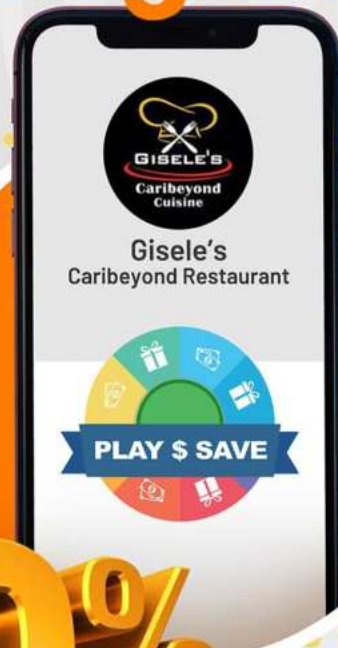
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LocalMagnifier

COMMUNITY BULLETIN
BOARD APP

HOWARD COUNTY



WIN

50% OFF

YOUR
PURCHASED
EVERY VISIT!

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To download the app now!





Why is our formula more effective?

REVERSE
Our blend of antioxidants, amino acids and herbs combat damage from free radicals and can help reverse the aging process.

PREVENT
Stave off illness and aging with a potent combination of resveratrol, coenzyme Q10, NAC, rosehip powder, astaxanthin and quercetin.

PRESERVE
Combined with a healthy lifestyle, Nutrifly Pro can support your body's regenerative and healing abilities.

"Take care of your body now, and it won't let you down later"
Founder

Ready for purchase now
www.nutriflypro.com

Nutrifly Pro
CELL
A good supplement should be effective and delicious. Nutrifly Pro is both. It can be enjoyed as is, or added to your favorite beverage or smoothie. And it's easy to digest and gentle on your GI tract, so you'll feel and look great.

Now Well-being Matters

Resveratrol
Key Features

- Improves oxidative stress
- Enhances immune system
- Prevents cardiovascular disease
- Improves skin texture
- Reduces visible signs of aging

Astaxanthin
Key Features

- Alleviates sore joints and muscles
- Anti-inflammatory
- Boosts immune system
- Reduces lactic acid
- Anti-aging (prevents oxidative stress, wrinkles and sun damage)

Rose hip Extract
Key Features

- Prevents collagen production
- Reduces fine lines
- Boosts immune system
- Improves blood circulation

CoQ10
Key Features

- Provides antioxidant support
- Reduces stress levels
- Boosts energy and stamina
- Enhances cognitive function
- Combats hepatitis

NAD
Key Features

- Stabilizes blood sugar by decreasing inflammation in fat cells
- Plays an important role in your body's detoxification process
- Decreases inflammation in the body
- It may help reduce acne, hair loss, skin, or encourage skin cell regeneration

What Is Cell Oxidation?

Free radicals are unstable atoms in the body that damage cells and oxidize organs.

When there is an imbalance in the body of free radicals, cell-oxidation occurs.

Free radicals are caused by stress, environmental pollutants, diet, and lifestyle.

And while oxidation is normal, oxidative stress is linked to a host of chronic and acute diseases.

So how do you treat cell oxidation?
The secret is the right blend of amino acids and antioxidants.

Our Custom Blend is One of a Kind.

Our unique, proprietary blend of resveratrol, coenzyme Q10, NAD, rosehip powder, astaxanthin, and quercetin can only be found in Nutrifly Pro.

At Last, a Supplement You'll Enjoy!

A good supplement should be effective and delicious. Nutrifly Pro is both. It can be enjoyed as is, or added to your favorite beverage or smoothie. And it's easy to digest and gentle on your GI tract, so you'll feel and look great.

Invest in Your Health and Youth.

Nutrifly Pro was developed to be all-in-one, which means you don't have to buy multiple supplements any more to meet your health and nutrition needs.

Nutrifly Pro
www.nutriflypro.com
info@nutriflypro.com



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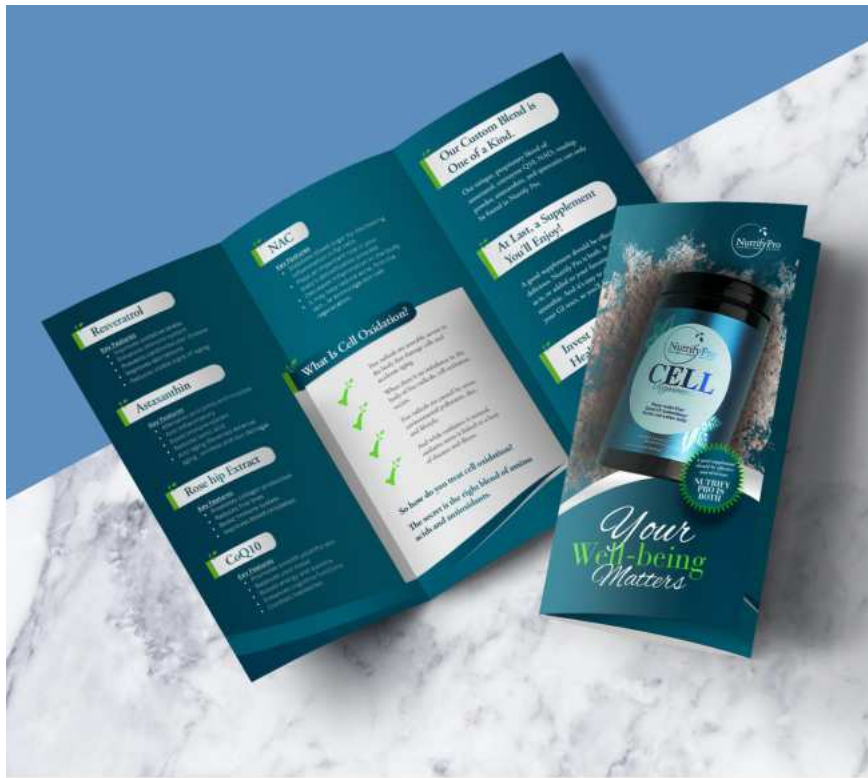
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Founder

Ready for purchase NOW

Your Well-being Matters

NUTRIFLY PRO IS BOTH

www.nutriflypro.com

Resveratrol

Key Features

- Improves oxidative stress
- Supports immune system
- Prevents cardiovascular disease
- Improves skin texture
- Reduces visible signs of aging

Astaxanthin

Key Features

- Alleviates sore joints and muscle
- Anti-inflammatory
- Boosts immune system
- Reduces joint pain
- Anti-aging, decreases external aging, wrinkles and skin damage

Rose hip Extract

Key Features

- Stimulates collagen production
- Reduces free radicals
- Boosts immune system
- Improves blood circulation

CoQ10

Key Features

- Improves smooth, youthful skin
- Antioxidant your mood
- Boosts energy and stamina
- Enhances cognitive functions
- Combats headaches

NAC

Key Features

- Stabilizes blood sugar by decreasing inflammation in fat cells
- Plays an important role in your body's detoxification process
- Decreases inflammation in the body
- It may help reduce acne, fine lines, skin, or wrinkleage and cell regeneration

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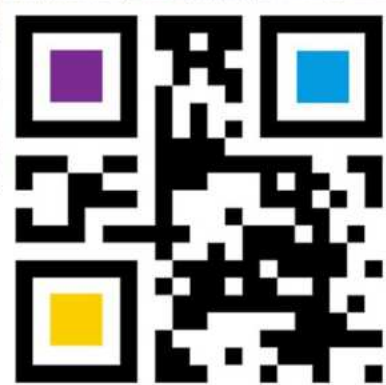
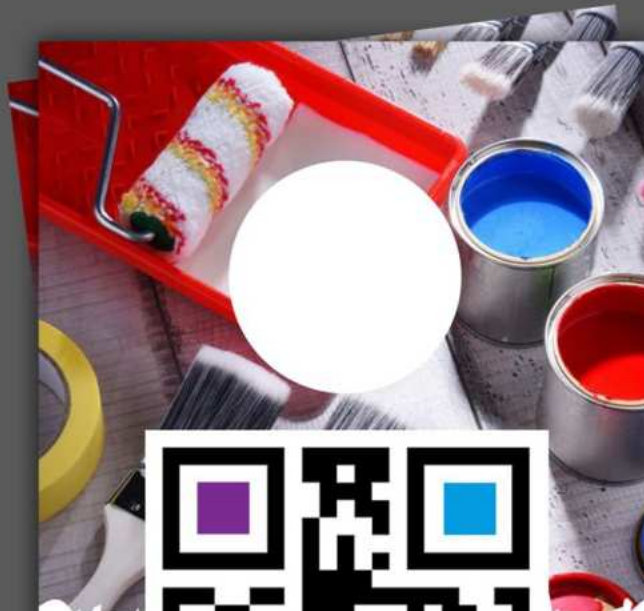
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ANY PAINTING JOB OVER \$2000



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- ✓ Walls ceilings trim & doors

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Community
Unit Everybody
Sign with me

TWO AFTER SCHOOL PROGRAMS

Program one:

On the job coding certificate training to enter high paying tech careers this occurs on Mondays & Wednesdays from 3:30 to 5:30. Teens make \$15/hr starting at 10 hours a week. Snacks and transportation provided

Program Two

K-3rd grade Literacy tutoring centered in the arts in small groups, one on ones students experience various art forms from professional artists. Students also attend field trips receive transportation from school and home and yummy snacks

Community events:

Tech student graduation and info session with technology centered departments from big and small companies who want to diversify talent.
Open house each quarter to invite donors, community members, and parents to experience the program hands on
Summer camp with professional artists, do service learning projects, field trips, literacy support and intervention.

✉ info@30kft.art 🌐 www.30kft.art
📍 1351 Arcade St. Saint Paul Mn, 55106

(651) 210-3454









3RD Annual RYAN GATGENS

MEMORIAL GOLF DAY

AT CLIFTON SPRINGS GOLF CLUB

12TH MARCH 2023



▶▶ PLAY:
From 7:30am onwards
Tee offs available at 7:30am, 10:30am, 1:30pm
9 Hole 4 Person Ambrose Tournament
All abilities welcome
BBQ breakfast & lunch included
400 person field

▶▶ SPONSOR:
Sponsorship Packages Available
Enquire Within

▶▶ ADULT FUN:
Live Music until 8:30pm
Twilight Market
Major Raffles
Food Trucks
Coffee Van
All Day BBQ
Bar

▶▶ FOR THE MINIS:
11am - 3pm
Fun Farm 2 U
Jumping castles
Mini Golf
Lawn Games
Popcorn, Ice cream, Fairy Floss etc
Live Music All Day
Fireworks
Kids Raffles

(03) 5251-3391
92 - 94 Clearwater Drive, Clifton Springs
admin@cliftonspringsgolfclub.com.au



present:

RYAN GATGENS

MEMORIAL GOLF DAY

📍 Clifton Springs Golf Club

12
-
03
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23

PLAY

From 7:30am onwards
Tee offs available at 7:30am, 10:30am, 1:30pm
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Food Trucks
Coffee Van
All Day BBQ
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