



LIZ'S CAFÉ COFFEE

Time | 8:00 am - 10:00 am

WE ARE SERVING COMPLIMENTARY
LIZ'S SPECIALTY COFFEE

PELICAN
ATHLETIC CLUB

**Member
Appreciation
Day**

4

NOVEMBER



Afternoon SHAKEdown

Time | 5:30 pm - 6:30 pm

WE ARE SERVING COMPLIMENTARY
HERBALIFE 24 REBUILD & STRENGTH
SHAKES FROM LEGIT NUTRITION