



**WELLNESS  
ON MAIN**  
WISDOM + WELLNESS  
RETREATS

An awakening of the body through movement, nutrition, nature, + health education  
Call **912.230.8314** for more information. Lookout for more dates + locations!

FALL 2018  
Frederica Golf Club  
SPRING 2019  
Cumberland Island  
SUMMER 2019  
Savannah College of Art & Design



**Chef Nicole Monier**  
**210.381.9335**



**Margaret Goodman MD, FACOG**  
**912.289.5609**



**The Facial Suite | Donna Mastrianni L.E.**  
**912.222.4525**



**Pilates Loft**  
**912.230.8314**



**a Wes Dog, LLC**  
**912.674.1277**