



# Matlacha Wellness Center

**Where True Health & Wellness is Reached**  
**Monthly Wellness Packages Available**  
**No Membership Fees • Spacious Free Parking**

## SERVICES OFFERED:

- Personal Training
- Arthritis Relief
- Golf Specific Training
- Anti-Inflammatory
- Diet Planning
- Mindfulness & Meditation
- Yoga
- Mental Health Counseling
- Post Physical Therapy
- Rehabilitation
- Massage Therapy - MM 32419
- Nutrition/Supplement Review
- Organic Supplements
- At Home Exercise Programs
- Weight Loss Planning
- Natural Pain Relief

**239-558-4146**

matlachawellness@yahoo.com

www.matlachawellness.com

**4130 Pine Island Road NW,  
 Downtown Matlacha, FL 33993**

Monday to Friday 8am-4pm & By Appointment



Owned & Operated by Tim Shevlin,  
 Pine Island Native, Certified Personal Trainer  
 Certified Nutrition Specialist Licensed & Insured

Find us on Facebook  
 www.facebook.com/matlachawellness



**Stop in for a FREE Sample of  
 an Organic Supplement**

## JoAnn "Joey B" Buck

239-224-0037 joeyb1978@gmail.com

### CANAL REAL ESTATE LLC

3394 Stringfellow Road, #3  
 St. James City, FL 33956

- 25 Years Experience
- Selling Lee County
- Pine Island Cove Specialist



### MOVE IN READY

Partially furnished. Like new washer, dryer, refrigerator and stove. Carpeting only two years old. 55+ community with pool, hot tub, picnic park, boat storage, community boat ramp with access to the Gulf. Come home to the ideal life.

**\$128,000**



### WELL-KEPT PINE ISLAND COVE

Spacious open design (1248SF). Workshop, screened porch. Fenced backyard. Storage galore. Just bring your belongings. 55+ community pool, hot tub, picnic area, boat storage, boat ramp.

**\$130,000**

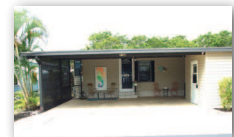


### UPDATED P.I. COVE 55+ CANAL FRONT

Adorning mangrove trees and Spanish moss. L-shaped dock. Fish cleaning station, water & electric. Covered boat dock. New appliances, H/AC, water tank. Double sinks, soaker tub in master. His and her workshops.

Lots of activities

**\$189,000**



### WATERFRONT

Move-in ready home totally turn-key. Dock with 8500# lift. Screened porch and separate Florida room. Kitchen dining and formal dining. Large workshop w/ laundry. HUGE patio adjoins the dock. 55+ community.

**\$198,000**

