



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 Counselling
- Post Physical Therapy
- Rehabilitation
- Massage Therapy - MM 32419
- Nutrition/Supplement Review
- Organic Supplements
- At Home Exercise Programs
- Weight Loss Planning
- Natural Pain Relief

Client Testimonial

"To anyone looking for a great workout, please go see Tim at Matlacha Wellness Center. You will not only get a personal one on one workout, but you will have a great time doing it! Tim is very professional, funny and a great coach. He helped me throw a lot, he got me on the right diet, helped me to get some self confidence back, started seeing results just after a month. The Wellness Center is just that! So if you are looking for a fun, special place to work out, come too see Tim Shevlin. You won't be disappointed. Tim I want too personally thank you, you truly were my rock, and I will miss you!

All the best. "
-Sue B.

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



LEOMA LOVEGROVE™



LOVEGROVE GALLERY & GARDENS

4637 Pine Island Road N.W., Matlacha

The gallery is a whimsical reflection of artist/owner Leoma Lovegrove, for whom it serves as her international headquarters, artist studio and island gift shoppe.

OPEN DAILY - COME BY BOAT, CAR OR BIKE!

"SLOW PAINT DAY" - APRIL 14th

Slow Art Day will be at Leoma's second location gallery in Matlacha. More info to come.

The five Participating artists; *Leoma Lovegrove, Bob Phillips, Rick Weber, Kirsten Troyer* and one more TBA.

And introducing young artist;
Hawthorne Walden Silberg (13 years old).

WHO IS Leoma Lovegrove?

Impressionist, Mike's Wife, Celebrity, Patriot, Energetic, Business Savvy, Kooky, Play-Write, Vibrant, Christian, Uber Chic



CONNECT WITH LEOMA



Ambassador@leomalovegrove.com



www.LeomaLovegrove.com

#LeomaLovegrove



Vino's picasso
paint • pour • play

Paint In Leoma's Garden

NOW TILL APRIL Inspired paint pARTies hosted by Vino's Picasso and held in Leoma's garden January to April. Visit www.vinospicasso.com select Matlacha for current schedule.