



SMOOTHIE SOCIAL

INVITATION: LET'S CELEBRATE OUR TEAM WITH A SMOOTHIE SOCIAL

Join us on _____ at _____ for a Smoothie Social! We'll provide the blenders and ice. You just need to bring one or two ingredients on the sign-up sheet posted in the _____.

Or bring the ingredients for your own favorite smoothie and take part in our recipe challenge! We will be voting on who whirls up the tastiest AND healthiest smoothie. To help improve your chances of winning, here are some quick **Healthy Tips** (including ways to “go green” beyond kale and spinach).

It's also a good idea to keep it light so our Smoothie Social doesn't take the place of dinner. Bonus points for BYO (bring your own) glass or mug.

Let's celebrate our team!