

# ALDEN PINES



## COUNTRY CLUB

*The Only Golf Course on Pine Island*

Rates from \$10.00 to \$40.00  
Call for Times and Prices

OPEN TO THE PUBLIC

### 239-283-2179

**SNACK BAR WITH ICE COLD REFRESHMENTS**

Memberships Available  
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- Arthritis Relief
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- Mindfulness & Meditation
- Yoga
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- 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

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## CALL FOR SUMMER SPECIALS!!!



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