

Mother needs help juicing, exercise, weight loss (Austell)



Location **Georgia**
<https://www.genclassifieds.com/x-446025-z>

Hi there, folks!

My mother is a doll, but when she quit smoking last year she gained a lot of weight. Thank God she quit smoking, but now she needs to get the weight off and improve her overall health. Since I am currently not close to her (in proximity) I am looking for a bone-fide angel to help her twice a week - for either a barter or inexpensive compensation.

I need to make a vitamin-rich smoothie for her that she can refrigerate and drink daily. The recipe makes enough for 3-4 days, so I am looking for someone to come over twice a week. I am also looking for someone to help her exercise; very small movement at first - moving legs and arms gently, etc. Nothing strenuous to start.

I need someone trustworthy. Only good-hearted people need apply! If I hear of anything "fishy" happening, I will be there in an instant, so no weird people need apply.

In exchange, I will help YOU in whatever way I can. Need music lessons via Skype? I am also great at finding goods at discounts. Tell me what I can do for you in return!

Comment below to have your response emailed to you.
 Please do not use the "Post Comment" button. Use the "Post Reply" button.

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