

Food and Fitness: Transforming *You!*

"Bursting with Health: Sweet Success!"

*Tuesday, August 10, 2010 1-2 p.m.
At the Country Club of New Bedford*



- **Enhancing your body for the rest of your life**
- **Learn how strength, balance, flexibility, posture and endurance can help you defy age related physical changes**

- **Learn about the power foods that boost your energy**
- **Discover anti-aging nutrition secrets**
- **Find out how to stay in balance and curb cravings**

Join Certified Personal Trainer and Golf Fitness Instructor, Jodi Garie of Howland Place Fitness Center and Certified Health, Nutrition and Life Purpose Coach, Sheryl Worthington Turgeon, MPH, of Your Health Potential Tuesday, August 10, 2010, at 1-2 p.m., as they show you how to get in shape and stay in shape using personal training and fresh whole foods.

\$10.00 includes a healthy lunch buffet and seminar

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the
Women
in you

in association with...



For reservations call 508-993-3453