



Wellness University

Introducing our new wellness series!

- 12 monthly workshops on the 2nd Tuesday of every month from **6:00-8:00pm**.
- Investment:
 - \$99 per person for one year of workshops
 - Or: \$15/person per class (or sign up with a friend and only \$10/person)
- Space limited to 10 people per class. So if interested, sign up now or you may lose out!

Tuesday, Nov. 8th - Health & Wellness Challenge

We will cover facts and misconceptions about health and how to achieve it. Cover your top 3 health concerns. Give you an exercise and food journal. And introduce you to our wellness challenge!

Tuesday, Dec. 13th - Address Your Stress (or pay for it!)

Don't let the stress of life and the holidays get you down! Whether you have a lot of stress or very little, we are all affected by it and need to learn how to manage it. Come learn techniques that really work!

Tuesday, Jan. 10th - Confused on What to Eat? Protein, Carbs and Fats – Oh My!

We will cover how to make a balanced meal, read food labels, time meals, and the truth about protein, carbs, and fats. An optional 7 day Wellness University Diet Challenge will give you the chance to use everything you learn!

Tuesday, Feb. 7th and 21st - Move It or Lose It! (2 part program. Bring your workout clothes!)

We all know we need to move more but is there an ideal workout? How can I realistically fit it into my schedule? This hands on workshop will cover the right amount and type of cardio and weight lifting, stretching and how nutrition plays a roll in your workouts.

Tuesday, March 13th - Top 10 Things You Should Know About Nutrition

Back by popular demand!! What role do vitamins, enzymes, minerals, and anti-oxidants play in my health? Is organic worth the price? How does cooking affect nutrition? Do I really need to take supplements? We will cover these common nutrition questions and more...

Tuesday, April 10th – Finding Your Core Power! (Bring your workout clothes!)

We will cover why is a strong core is important. How to fit core strengthening into your week by using a 5-minute per day Core routine. You will learn how to properly do this routine using exercise balls with supervision & feedback on proper technique!

Tuesday, May 8th - Health Begins at Home

We will cover the top 10 toxins in your kitchen, your bathroom and around the house. Natural treatments for burns, sprains, strains. And answers to these common questions... Is drinking my tap water safe? Should I use the microwave for cooking? Are Teflon pans safe to use?