

PERSONAL HEALTH IMPROVEMENT

FREE INTRODUCTORY OFFER

Monday, Nov. 7th in the Yoga Studio at 7:30-8:30pm

Learn how to self-coach for optimal health, fitness and nutrition through this holiday season

- 11/7: FREE Introduction to the series
- 11/14: Body assessment
- 11/21: Eating smart for the holidays
- 11/28: Pain & inflammation management
- 12/5: Movement and nutrition

5 week course beginning Nov. 7
4 classes for only \$40
Taught by qualified coach
Call 801.486.1818 for details



With Cari Junge



- Body assessments
- Personal goals and checkpoints
- Tips for healthy holiday meals
- How to beat winter pain
- Nutritional education