

TIME TO STOP SINGING THE

Sugar Blues

Do you constantly crave sweets? Do you want to learn how to avoid the sugar highs AND lose weight at the same time?

Join **Barbora Sebolt**, Holistic Health Coach and Master Personal Trainer for an informative workshop and learn how to gain control without depriving yourself.

**BACK BY
POPULAR DEMAND!**

Thursday, November 17
11:00 am -or- 6:00 pm

ABOUT THE PRESENTER

- Master Level Trainer
- Institute of Integrative Nutrition Health Coach
- B.S. in Sports Specific Training
- NASM (National Academy of Sports Training)
- Studied under Dr. Andrew Weil and Deepak Chopra

Cost: \$20

Space is limited.

Please register at the Fitness Desk.



Barbora Sebolt