Health & Wellness Workshop

Topic: Simple Ways Avoid Weight Gain

This Holiday Season

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**Thursday, November 19th 6:30PM**

**At Unity by the Shore**

**What you will learn:**

* When it’s worth the splurge
* How to avoid sugar cravings
* Delicious HEALTHY holiday party recipes
* On-the-go mini-workout designed for travel, home or at the office
* Suggestions for inexpensive, space-saving equipment you can pack in your suitcase for travel
* Using positive thoughts to motivate and inspire your workouts

Presented by You First Personal Training Owner, Vicky Farrell

Certified Personal Trainer, Certified Fitness Nutrition Specialist, TRX Certified, Life Coach

**$15** Love Offering (All Proceeds will be donated to UBTS)

Let’s help feed the hungry… For every HEATHY nonperishable food Item you bring save $1.00 off your love offering. All food donations will be donated to the local food bank

**Call 732.610.6486 for more information**