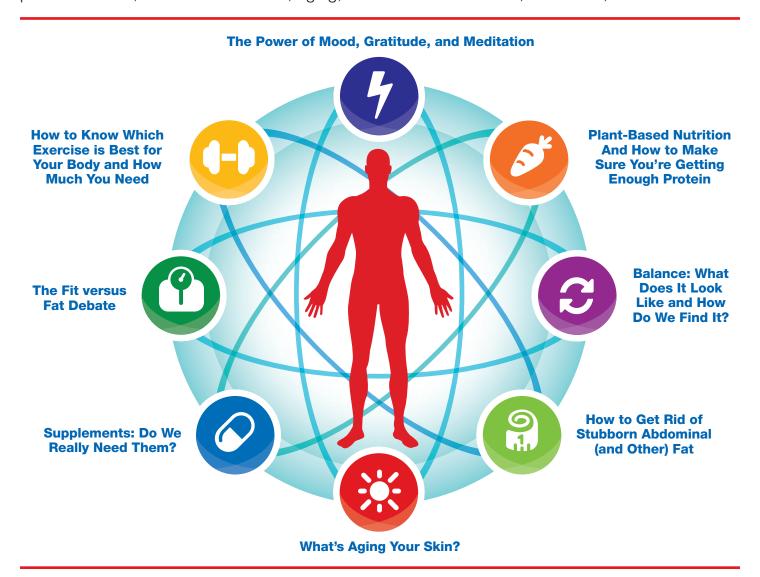
Your Body: The Science of Keeping It Fit and Healthy

In this second installment of her workshop series, instructor Donna Webb will share cutting-edge information about nutrition, metabolism, exercise, and the skinny on fat. She'll also discuss the power of mood, how to find balance, aging, the fit versus fat debate, and much, much more.



WEDNESDAY, FEBRUARY 25, 6:00–8:00PM COST: \$35 PRE-REGISTERED / \$45 DAY OF WORKSHOP

Open to the public—no membership required. Bring a note pad, pen, and your questions! Workshop space is limited. Please call (916) 258-5425 now to RSVP.



THE STUDIO Martial Arts & Fitness (916) 258-KICK (5425)

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