

# **BACK BY POPULAR DEMAND!**

# **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.

## **The Power of Mood, Gratitude, and Meditation**



**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**  
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