

YOUR BODY:

The Science of Keeping It Fit and Healthy

In this workshop, award-winning instructor Donna Webb will share cutting-edge information about aging (and how to slow it down), metabolism (and how to speed it up), the skinny on fat (and how to burn it off), and muscle (and how to build it up). She'll also discuss the power of mood and gratitude, food that can save your life, the fit versus fat debate, and much, much more.

The Power of Mood, Gratitude, and Meditation



SUNDAY, JANUARY 25, 10:00AM
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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