

Jump Start Your Weight Loss

Breakthrough That Plateau



Learn How To Balance Carbs, Fats & Proteins

SPRING *Clean*

Your Body

HANDS-ON NUTRITION WORKSHOP

SATURDAY APRIL 7 TWO SESSIONS! 9:00AM AND 10:30AM

WORKSHOP WILL COVER:

Menu Planning, Healthy Snacks

Learn how to eliminate hidden carbs/sugar

YOU WILL GET:

Complimentary Product Samples

Carb Counting Sheet & Learn YOUR Portion Size

**Register at
Front Desk!**

Can't make one of our scheduled workshops? Contact Fitness Director Joanne Ewing to schedule an individual time that suits your schedule! Email: jewing@chbsports.com or phone: 610.777.7801