

THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT!

Health — Learn to Create optimal health, sustainable weight loss plus the the latest information in sports nutrition 12 - 1pm

Presenter -Carolyn Hancox-Barr Certified international personal trainer, weight management and sports nutrition specialist, business and certified personal lifestyle coach, Canadian Trainer of Fitness Trainers.

Wealth — How to net more Money in 2012 (lower taxes – increase income)
The secret of the rich 1:15 - 2:15pm

Presenter -Dave Li. Formally top realtor & trainer for Remax is a currently Top Gold Director with Usana Health Sciences. Dave Li is respected internationally for his amazing business and personal development seminars and workshops.

CREATE YOUR 2012



Lose the pounds



Loving it!



Eat right



Increase energy

Register NOW!



North Ridge Health Performance Centre

Corner of Island Highway and Turner Road

Nanaimo, BC

Saturday January 21, 2012

12 - 5 pm

To reserve your seat: 250-751-0505

(Visa, M.C. or Amex)

\$15 pre-registered or \$20 at the door

JUMPSTART YOUR HEALTH™!