HOLIDAY HEADSTART
WELLNESS SEMINARS

Learn something new. Build healthy habits. Connect with your community.

SEMINARS: FRIDAYS | 6:30-7:30 P.M. | AT JB FITNESS

FREE FOR HOLIDAY HEADSTART CHALLENGERS

OCT 16

NUTRITION 101

Jessica Mirsky

Practical nutrition education to support your healthy habits.

OCT 23

80s GLOW WORKOUT NIGHT

6:30 p.m. - same time as seminars

Smoothie social after the workout! Wear your 80s gear.

OCT 30

HORMONE HEALTH

Dr. Michele Mayatte, ND

Hormones, energy, sleep, mood, body composition and recovery.

NOV 06

INVARA SEMINAR

Invara Aesthetics

Learn about Invara and the services they offer.

NOV 13

SUPPLEMENT 101

Supplement education

Learn more about supplements and bring your questions.

NOV 20

KANGEN WATER

Education & Demonstration with Eileen

Bring your bingo card! Cards due this day; raffle winner drawn at the seminar.

LEARN. ASK QUESTIONS. LEAVE INSPIRED.

NOVEMBER 7: POTLUCK & CLOTHING EXCHANGE | NOON-4 P.M.

Check TeamReach for event updates and announcements.

JB FITNESS | SULTAN, WA | WWW.JBFITNESS.NET