

nutrition & wellness SEMINARS



At Sport&Health, we want to equip you with all the tools necessary for health and wellness. EXERCISE is just one part of that equation. NUTRITION is one of the other crucial factors, and one that people often find most challenging. Our Nutrition Consultant, Monica McCollin, designed these monthly seminars to support you in your journey to a healthier and happier body! Come learn the truth about food... and meet some new people along the way. Classes meet the third Saturday of each month at 12:00noon.

November 15th @ 12:00noon

Relieve Holiday Stress

Learn about foods, herbs, and practices to keep you calm and collected for the holidays and beyond. Samples Included!

December 20th @ 12:00noon

Holiday Blunders

Come learn about foods, tips and tricks that will help you resist the urge to overindulge. Samples Included!

January 17, 2009 @ 12:00noon

Skinny Jeans Foods

Learn about nutrient dense foods, tasty treats, and herbs to get you in those jeans in 2009! Samples Included!

February 21, 2009 @ 12:00noon

Heart Foods and Sensual Herbs

Learn about heart healthy foods to keep your heart strong and herbs to keep your heart racing. Samples Included!

March 21, 2009 @ 12:00noon

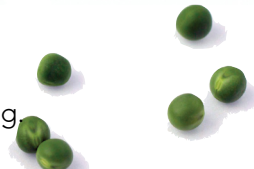
Spring Cleaning Exclusive

Learn about foods and herbs to help you detox, cleanse, and shine. Samples Included!

April 18, 2009 @ 12:00noon

Feel Good Foods

Come learn about foods and herbs that will give you that extra bounce. Samples Included!



Classes meet the third Saturday of each month at 12:00noon

Sign up by Monday prior to each class and get \$5 OFF!

Early Bird - \$25 or \$30/class/member (\$35/nonmember)

Early Bird - \$20 or \$25/class/member if you purchase 3+ (\$30/nonmember)

Early Bird - \$15 or \$20/class/member if you purchase 12 (\$25/nonmember)

For more information please contact
Monica McCollin at 202-441-8239
or email mmccollin@sportandhealth.com



sport&health

REGENCY

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Nutrition & Wellness Seminars Registration Form

Name _____

Address _____

Phone # (h) _____ (w) _____

(c) _____ Member# _____

E-mail address _____

Type of Payment: Cash Check MasterCard

Visa AMEX Discover

Card #: _____ Exp Date: _____

Signature: _____ Date: _____

Payment must accompany registration form.

RELEASE: In consideration of making facilities and/or services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Sport &Health, its owners, manager and representatives from any and all claims and demands of every kind, nature and character which I may have or hereafter acquire for any and all damages or losses which may be suffered or sustained by me in connection with my activity and all such claims are hereby waived and released.

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