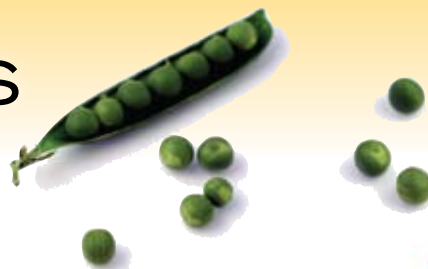


nutrition & wellness SEMINARS



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.

September 19, 2009 at noon:

Fall Cleanse: With summer officially coming to an end come learn about how we can nurture ourselves with a detox plan appropriate for the uniqueness of the fall season!

October 17, 2009 at noon:

Trick or Treat?: Learn about the dangers of sugar and how to banish those sweet cravings through nutrition and herbal supplements once and for all!

November 21, 2009 at noon:

Easy Steps to Achieve Sexy Hair Skin and Nails:

With November being National Healthy Skin Month come learn how beautiful, healthy skin begins from the inside out. If you have "problem" skin and are interested in learning about how diet, herbs, and supplements can improve skin health this is a class for you! (Samples Included)

December 19, 2009 at noon:

Beat the Holiday Bulge: Learn about foods, & herbs that will rev up your metabolism and keep you satiated, slim, and satisfied! (Samples Included)

January 16, 2010 at noon:

Post Work-Out Nutrition: Now that the new year is here let's not sabotage our resolutions to stay fit and learn about the best foods to eat after a hard workout. (Samples Included!)

February 20, 2010 at noon:

Culinary herbs: Learn how to spice up your life and improve health in a class dedicated to the medicinal properties of culinary herbs! Incorporating a few herbs in your daily routine is an inexpensive and tasty investment for the future health of you and your family. (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: _____

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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Payment must accompany registration form.