

TOTAL BODY WELLNESS



Location: PaCE
Westfield Mall, Palm Desert
72840 Hwy 111, Ste. C-101

UNDERSTANDING NATURAL HEALTH
NEW YOU (NUTRITION, EXERCISE & WATER)
BE HEALTHY AT ANY AGE!



THREE SESSIONS AVAILABLE

TAKE ALL THREE SESSIONS FOR A 90 DAY CHALLENGE

FRIDAYS, 9:00 - 11:00 a.m.

Session 1: October 5 - 26, 2018

Session 2: November 2 - 30, 2018

(No class on Friday, Nov 23rd)

Session 3: December 7 - 28, 2018

REGISTRATION: \$99 (PER SESSION)

Training Focus:

Life Balance | Nutrition Awareness | Exercise

Prevent & treat disease | Recapture youthful appearance & vitality | Combat aging



**ENROLL
TODAY!**

codpace.asapconnected.com
Partnership and Community Education
Westfield Mall, Palm Desert
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