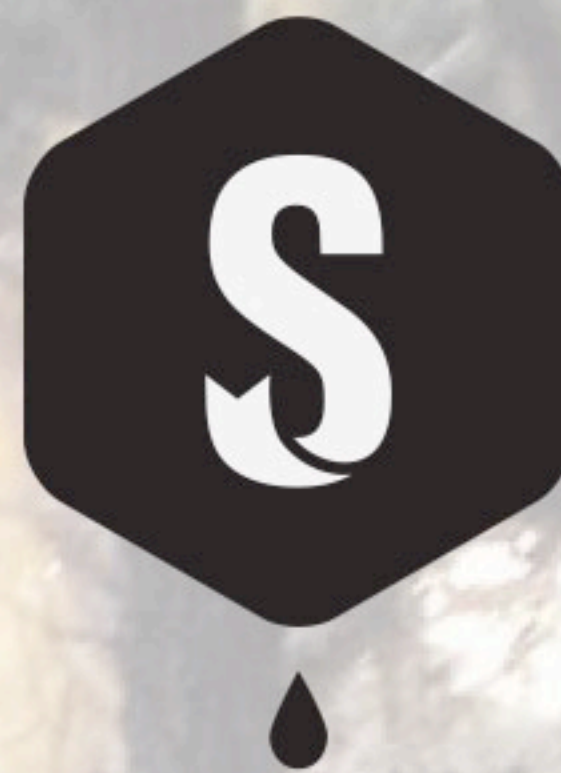


Sustainable Health



STUDIOMIX

Introducing our 2013 Sustainable Health Seminar Series*

- A collection of live seminars to educate our members, drive productive workouts, & promote overall health. Learn tips that you can apply daily during these 60 minute info sessions held the 1st Saturday of every month.

Move Well with Bob Gazso • Sat Sept 7th • 12pm

When you have pain, the cause is likely part of the greater movement system, not just one muscle or body part. Find the root cause, explore rehabilitation, & learn how your body functions as a whole.

Grow Strong with Vincent Som • Sat Oct 5th • 12pm

Give your body the correct stimulus with sufficient intensity, get plenty of rest, eat well, & you *will* grow stronger. Learn to train smart, train less, & train with purpose for consistent results.

Eat Real with Katy Jercich • Sat Nov 2nd • 12pm

Placing an emphasis on quality foods will help your brain function, enhance your athleticism, & improve your body composition. Build realistic habits for your busy life during this interactive hour.

Think Clearly with Kim Nicol & Katie Irwin • Sat Dec 7th • 12pm

Training is mental. Grow a strong mind, set clear goals, & explore meditation to improve your day to day. This session will be a perfect escape during the hectic holiday season.

***This seminar series is free and open to all**

Please RSVP for all sessions via Mindbody by clicking on FIND A CLASS at Studiomix.com