



for a **FREE** one day

Women's Health and Fitness Retreat

Saturday, September 29th

8:30am to 4:00pm

Activities include:

- **Morning Yoga**
- **Breakfast Protein Shakes**
- **Essential Oil “Make and Take”**
- **Healthy Cooking Demonstration**
 - **Nutrition Information**
 - **Afternoon Cardio Workout**
 - **Goal Setting workshop**
 - **Self Defense Class**

**Space is limited, so register now by calling the Piedmont
Library at 373-9018**