



ACTIVE LEARNING CENTERS & Lehigh Valley Martial Arts



Health & Wellness Seminar

Fogelsville Center

Wednesday, August 17th at 630p-730p
Or
Saturday, August 20th at 1130a-1230p

Speaker: Lisa Drew

Certified Nutritionist and Personal Trainer,
Wellness Coach and Independent Fitness Coach Team Beachbody
www.lisadrewwellness.com

Topics of Discussion:

- Nutrition
- Exercise
- Skin Care
- Stress
- Sleep

Contact ALC for registration. The seminar is \$20pp payable online or at any ALC location.

www.alcchildcare.com



www.lvmakungfu.com
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