

Wellness Day for Women

Sponsored by:



Hey Ladies...are you tired of balancing a career, your kids, the holidays, and everything else in your family's lives?

Well, it's time to do something nice for you for a change. Introducing our inaugural **Wellness Day for Women** powered by Corey Eckhoff of **Velocity Sports Performance** and Shaun Goodsell of **Mental Edge**.

- **DATE** - Wednesday, January 30th, 2008
- **TIME** - 10:00am until 2:00pm
- **LOCATION** - Velocity Sports Performance in Champlin
- **COST** - \$15 per person

During this exclusive event, we will combine discussions on several important topics along with an introduction to Velocity's Adult Fitness program through a light workout. The discussion topics include:

- Nutrition
- Parent Empowerment
- Developing Mental Strength
- Physical Fitness

Come dressed in comfortable workout attire...lunch is on us! RSVPs are required so we can order the appropriate amount of food for lunch. Please register by contacting Dana Rock at **763.390.6622** or at drock@velocitysp.com. The event will be limited to the first 20 women who register, so contact Dana today!