

STAY AHEAD OF THE HOLIDAY GAIN!

Don't let all your hard work crumble over the holidays. Stay ahead of the holiday gain and learn some valuable nutrition and fitness tips to enjoy the holiday season without them 'weighing you down'!

**THURSDAY
NOVEMBER 19TH
6:30-8:00 PM**

\$25.00

Class Number: 422

REGISTER AT THE FRONT DESK OR
ONLINE AT www.aprd.org

