

LifeForward

Believe, Build, Be.

A **Free** Workshop Series for Women

Believe in your unlimited power and potential, *Build* the skills necessary to succeed, *Be* the powerful woman you are meant to be!

Your Health & Well Being - Eat Right & Exercise!

Inexpensive Healthy Meals -- Be Firm & Trim!

Panel Presentation With:



McKenzie Hall Jones

Registered Dietician Nutritionist

Eat Healthy – Feel Good!

Wild Hive, a firm specializing in agriculture, food & lifestyle marketing



Rich Enriquez

Fitness Movement Specialist

How to Become Fit!

Private Studio available for Fit N Run Personal Training Program



Michelle Jones

Certified Zumba Instructor

Exercise to the Music - Fun!

24 Hour Fitness Instructor

Workshop Objectives

- How fitness promotes vitality
- Exercises you can do at home
- Move muscles - dance to the music -have fun
- Keep the body fueled properly
- What foods help maintain heart and diabetic health
- Prepare delicious Heart Healthy and Diabetic Food
- Enjoy food & socialize

Saturday,

April 28, 2018

10 a.m. – 12:30 p.m.

Savia Community Center

23780 Newhall Avenue

Newhall, CA 91321

**Child Care Available
with Registration**

Child care is sponsored by Single Mothers Outreach. Register no later than one week before the workshop at www.singlemothersoutreach.org or call 661-288-0117

ALL WELCOME!

LifeForward workshops are sponsored by the Zonta Club of Santa Clarita Valley in collaboration with Single Mother's Outreach, Domestic Violence Center, Returning Women Veterans and Veteran's Wives, and LA County Department of Child & Family Services serving Foster Moms.

www.SCVZonta.org