

# Emotions of Fitness

**THE SECRET TO GETTING THE RESULTS YOU WANT BY  
MAKING THE ULTIMATE MIND - BODY CONNECTION  
WITH ENERGY PSYCHOLOGY**

## **INSTANT CHANGES WITH:**

- » *Peak Performance*
- » *Injury Recovery*
- » *Endurance*
- » *Weight Loss*
- » *Pain Management*
- » *Stress/Anxiety*

Date: **Wednesday May 25/2011**

Location: **Cole Harbour Place**

## **QUESTIONS & ANSWERS**

Time: **5 to 6:45 pm**

Cost: **free**

## **INTERACTIVE PRESENTATION**

Time: **7 to 9 pm**

Cost: **\$15 (includes book)**

For more information contact — [www.sportsenergetic.com](http://www.sportsenergetic.com) — 407-3512