



# *The Importance of Good* **HEALTH & NUTRITION**

**August 23, 2023 • 11:30 a.m.-12:30 p.m.**

**Presented by: SSG Warren**

Glute Specialist • Nutritionist • Certified Body Builder • CPR Certified • Master Fitness Trainer

This session will discuss the importance of the proper amount of sleep, exercise and nutrition one needs to maintain a healthy productive body; how to lose fat, gain muscle and/or tone muscles to pass a PT test; help new moms lose baby weight and just feel great in the body you're in.

More info: **706-791-6872**

