

MAY 18



The Importance of Good
**HEALTH,
NUTRITION
& ACTIVITIES**

10-11 am

Presented by: SSG Travaas Warren

Glute Specialist, Nutritionist, Personal Trainer, Certified Body Builder, Master Fitness Trainer & CPR Certified

This session will discuss the importance of getting the proper amount of sleep, exercise and nutrition to maintain a healthy, productive body; how to lose fat, gain muscle and/or tone muscle.



**COME
JUMP
WITH US!**



11 am-1 pm

The 40+ Double Dutch Club is a UNIFIED SISTERHOOD that exists to empower women ages 40 and over in mental health and physical fitness, while inspiring friendship, fitness, fun and fellowship.



21713 21st Street

706-791-6872