



Fit Behavior

Personal Fitness



If Diets Really Worked... We Would All Be Thin and Healthy!

Come to this 1- hour class that will include:

- Behavior modification for success!
 - Health screening
 - People—places—things
- Eating ...before during and after exercise

6th part of a 8 part series — take one or take them all.

Instructor: Carolyn Phillips— Owner of Fit Behavior

Cost = \$20 per class

FREE TO WLC!

Date = Saturday February 25th

Time = 11:45—12:45 PM

Register at news@fitbehavior.com Or call 860-529-9867

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