

COME JOIN US FOR OUR...

1st Annual Health & Wellness Event

Saturday, June 10, 2017

SPONSORED BY



You will learn **WINNING STRATEGIES** on
how to **EAT, MOVE & BE HAPPY!**

9:15am – Ribbon Cutting Ceremony

9:30am – Facility Tours & Face Painting

10:00am – Chinese Lion Dance

10:15am – KPT & AcuWellness Services

10:45am – Interactive Workshops & Breakouts

Time	Type	Content/Activity	Content/Activity
10:45am – 11:00am		Welcome/Overview	
11:00am – 11:30am	Lecture	Weight Loss & Hormones	Mobility & Function
11:30am – 12:30pm	Breakout	Metabolic Assessment	Foam Rollers & Flexibility Instruction
12:30pm – 1:00pm	Lecture	Stress & Disease	Pain Elimination
1:00pm – 2:00pm	Breakout	Wellness Exam	Movement Screen
2:00pm – 2:30pm	Lecture	Weight Loss & Hormones	Pain Elimination
2:30pm – 3:30pm	Breakout	Metabolic Assessment	Movement Screen
3:45pm		Event Concludes	

SEATING IS LIMITED

REGISTER BY MONDAY, JUNE 5th | PLEASE CALL 201.327.1990

171 Lake Street, Ramsey, NJ 07446 (entrance on Rt 17S side)