

Ready for a 30-Day Back To School Health Challenge?

Join us Tuesday, Aug. 31st at 6pm for a 1-hour, live motivational seminar and learn simple steps to lose weight, get fit and achieve optimal health!

EVENT LOCATION:

Work Systems Rehab & Fitness

308 SE 9th Street, Pella, IA

Register at www.ehealth831.eventbrite.com

(There is no charge for admission)

During this motivational and educational workshop you will learn...

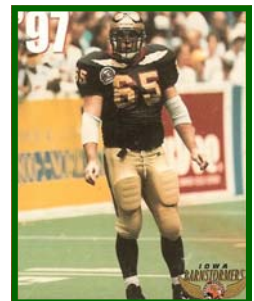
- Why 85% of traditional dieters gain the weight back in less than 2 yrs.
- Motivation tactics to help you FINALLY achieve your health goals
- Simple steps to develop long term healthy habits in just 30 Days
- How a 30-Day Challenge and Healthy Action Plan can help you succeed



Special Guest Speaker:

David Bush

Peak Performance Health Coach &
former Iowa Barnstormer



After losing almost 100 pounds in 6 months without surgery, medication, starvation tactics or excessive exercise, David now motivates others to live healthy, successful, and significant lives. He is a leader in the health coaching industry and passionately leads the way for those who wish to lose weight, feel great and live their dreams through improved health and wellness.