

NUTRITION FOR RESULTS

September 29 at 12:00pm

TIME TO GET HEALTHY!

We all know nutrition is one of the most essential parts of a good program but one of the hardest to stick to. Come join us **September 29th at 12pm** and learn how to turn what you eat into a powerful results machine!

TOPICS WILL INCLUDE:

- Nutritional basics
- How to balance your macronutrients (Carbs, Fats and Proteins)
- How to separate fact and fiction from true information
- And of course, bring your questions!



Contact Nick at nick@epicenterfitness.com
for any further questions!

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