



FREE Trainer Workshop
with Adam Lopez
Supplements
Are they worth the hype?

April 17th at 5:30 p.m.

April 19th at 11:00 a.m.

1st Floor Conference Room

Anywhere you look, you see advertisements for supplements such as multivitamins, probiotics, protein powders, and Omega-3. You may have asked yourself do I need to supplement? Are they safe? Join Personal Trainer Adam Lopez to learn more about supplements and what is right for you.

Workshops are **FREE** and we encourage members and staff to bring friends and family members who may also be interested.