



with **Dominic Cappozzo**  
***FREE Trainer Workshop***

## **Nutritional Myths vs Truths**

**Wednesday, July 18<sup>th</sup> at 9:00am**  
**Monday, July 23<sup>rd</sup> at 11:00am**  
**1<sup>st</sup> Floor Conference Room**

Want to know if the latest fad diets are worth the hype? Do I really have to log everything I eat? Learn to better understand what your daily diet should look like in order to meet your fitness and lifestyle goals! Also, a better understanding of food labels in order to make you a smarter (and healthier) shopper, and saving money doing it!

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