



Exercise

Life is Motion

Periodic Dates TBA

- Exercise is essential for maximized living
- Exercise should not be difficult and painful and can be done in less time than you think
- Learn how to exercise to fit your needs and your schedule
- Learn what types of exercise are best for you
- Become inspired to exercise; it's not just about you
- Making exercise a priority
- Myths/Truths about exercise

Live Well...
MIND **BODY**
SPRIT

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