

Lakes Tennis Academy
invites you



Free Nutrition Seminar

Thursday, February 7th at 7:30 pm

Speakers: Andrea Bope- MS.RD.LD

Jennifer Williams- Nutrition Coach, Fitness Specialist

Topics discussed:

- The importance of nutrition in your daily life
- Nutritional requirements for you and your family
- Introduction to Lakes Nutrition Program
- Optional Free body fat analysis

First 10 people to RSVP receive a FREE bottle of Omega 3

Go to getitfit.com or bestnutritionsource.com for more details.

Don't Start 2008 without the proper tools to beat the war on fat loss and gain insight on how to stay healthy for life!

RSVP (972) 668-LAKE or Jenny@getitfit.com