



U.S. Small Business Administration



De-Stress for Business Success!

Are you stressed out? Feeling sluggish? Not eating right? For this interactive workshop you'll explore several options of fitness, diet and nutrition, portion sizes/food choices and relaxation techniques like yoga for a healthier, stress-free lifestyle. This workshop will feature:

A local fitness expert who will have you participating in a rotation of simple exercises

A chef who will prepare food samples to focus on health eating habits

A nutrition coach to discuss balanced diets

A yoga instructor who will hold a mini yoga session

Dress for a workout and bring your yoga mat!

Registration is required—NO walk-ins Please

Co-Sponsors include Elite Culinary Staffing LLC and Onelife Fitness



Friday September 15th

5:30PM—8:30PM

Cost is Free!

Peninsula Workforce Development Center

600 Butler Farm Rd, Conference Room 1301-1303

Hampton VA 23666

Visit www.hrsbdc.org to register online

Contact HRSBDC 757-865-3128/staleyd@tncc.edu with questions

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