

HABIT CHANGERS 2022

HEALTH OR FITNESS?

GUEST SPEAKER
DEANNA PRICE



DeAnna Marie Price (born June 8, 1993) is an American track and field athlete competing primarily in the hammer throw. Price's personal best in the hammer is 80.31 m (263 ft 5 in), the American record, set at the 2021 US Olympic trials

APRIL 6, 2022
9AM CST/10AM EST
6PM CST/7PM EST
ZOOM ID 847-985-1200

TOPICS

- Why not both Health & Fitness? Valerie Sayre will be speaking about case study examples
- Exercise studies/Stress
- Consistency Rules & two amazing facts to motivate!



JOIN US The 1st Wednesday of every Month

**Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist
& Reiki Master**

Marilyn Wright , Wellness Advisor & Jodi Kindle, Health Coach

RSVP TO Valerie Sayre & NCB: 847-985-1200
ncbteam@nutritionconnectionbalance.com