

# Rekindling Life Seminars

*Focus Priorities. Reclaim Time. Choose Life.*

*Join us for an action-packed evening designed to reclaim your total health and fitness! Paul Singh's proven model for experiencing holistic personal change offers practical steps to unlock your potential and renew your life—spirit, soul, and body.*



## **Paul F. Singh, MA**

*Natural Lifestyle Coach*

- Licensed psychologist
- Clinical director, Hope Recovery Clinic
- Author, *Rekindling Your Spirit*
- Adjunct professor, Northwestern College
- Lecturer, Mayo Clinic "Meet the Expert" series

### Also included:

- **Personal Trainer** – Explore the vital components of a balanced workout with fitness coach Stephanie Peterson
- **Nutritional Coach** – Author and nutritional coach Connie Bendickson shares a fresh approach to nourishing your body for optimal health



Sponsored by Snap Fitness, Brooklyn Park/Osseo

### **WHEN:**

Choose a date that works for you:

*August 26*

*September 16*

*October 21*

*November 18*

Seminar time is 7–9:30 p.m.

### **WHERE:**

Brooklyn Park/Osseo Snap Fitness  
8507 Jefferson Lane North  
Brooklyn Park, MN 55445  
763-315-4689

### **COST:**

Early Bird Registration: **\$45/person**

Registration: **\$65/person**

Snap Fitness members:

**\$35/person** (Early Bird registration)

**Register** at [www.RekindlingLife.com](http://www.RekindlingLife.com)