

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