

Wellness Workshops at Arise Ministries

3-Month Series (September-November 2018)

Time: 6:45-8:30 pm

6:45 pm registration & 7:00 pm starts workshop

Dates: Sept. 12, Oct. 10, Nov. 14

Sept. 12 – Keeping Your Motivation

October 10– Knowing Your Numbers

November 14 – Fad Diets

**Where: Arise Ministries 12129 N FM 620,
Austin, TX**

**Sign-up with Marilyn Jackson onsite
or Sonia Coyle at 512-854-9605
sonia.coyle@ag.tamu.edu**

Family Members are Welcome



**Bridgette Wilson
Fit since 2007**

***Prize will be given for perfect attendance**

Brought to you by our speaker, Bridgette Wilson, B.S. in Nutrition Science (Summa Cum Laude) – Kaplan University, Certified Specialist in Fitness Nutrition - International Sports Science Association (ISSA), Certified Community Health Worker (Texas Dept. of State Health Services) and Master Wellness Volunteer; and Sonia Coyle, County Extension Agent, Texas A&M AgriLife Extension Service



It's FREE, space is limited. Please wear comfortable clothing because each session will include a 15-20 minute physical activity. RSVP at 512-854-9605 or sonia.coyle@ag.tamu.edu