



Peak Metabolism

Frustrated with trying to lose weight or achieve your training targets?

Join Judy for this cutting-edge workshop and learn how to work with your body instead of against it by using the new science of "Nutrigenomics" and "Superfoods" for sustainable weight-loss and peak performance... ignite the natural fat-burning furnaces that lie dormant within!

*Fast-track food samples included.

Dates: March 17, 2010

Time: 6:30 - 8:30 pm

Cost: \$45 per person

Location:

Terra Breads Falsecreek
Test kitchen (2nd Floor)
53 West 5th Ave (5th & Ontario)
*Enter through administration door next to cafe

To Register:

Call: (604) 250-9999
Email: info@dynamicbynature.com
On-line credit card: www.dynamicbynature.com
Pay in-person: cheque or cash.

SPACE IS LIMITED SO REGISTER NOW!

MARCH
2010

 **Dynamic
by Nature**



About Judy:

Judy Chambers RNCP, CPT is a graduate of the Canadian School of Natural Nutrition and an internationally certified athletic trainer. Judy's powerful system blends the principles of Eastern medicine with the research of modern science, adapted and tailored to function in the Real World. A unique approach that will help you achieve peak metabolism and vibrant health for life. Judy is also a playful gourmet chef who infuses wholesome foods with taste and style!