



PerfectHealthSeminar

Presented by Sweat & Butter

Are you seeking optimal health? Whether you're a seasoned athlete or you've just started your journey, this seminar has something for you:

- *4 science-based lectures*
- *5 movement sessions*
- *Meal design class & delicious, nutritious lunch*
 - *Discounts on follow-up health coaching*
 - *30-day health improvement competition*

Sunday, **July 20th**, 8:30am - 5:00pm
at **RAW Training** (2330 Wildwood Road, Pittsburgh, PA 15044)

We have limited spots,
and early birds only pay **\$179!**

Email Stephanie Telep by July 14th to register:
Stephanie@sweatandbutter.com

More information can be found at:
www.PerfectHealthDiet.com/perfect-health-seminar

