

PENNY ^{AT}
UNIVERSITY



107
Church
St., NE
Vienna,

UPCOMING EVENTS:

Caffè Amour

NEW YEAR,

NEW YOU!

Healthy Habits to Start the New Year!



With Joann Meginley of Grass Roots Fitness

THURSDAY, JAN. 28TH- 7-8 PM

New Year's Resolutions... Why do only 8% of people keep them? Joann will give practical tips that will help you create a healthy lifestyle without feeling overwhelmed! She will discuss why Nutrition and Exercise are so important for your health., also— What are the benefits of strength training? Why reduce sugar intake? Then, stick around because Joann will demonstrate exercises that can be done anywhere!

Joann co-founded Grass Roots Fitness six years ago with the goal of creating a fitness community for women that offered an encouraging and supportive environment. Joann started working as a trainer in 2000 and is a certified Barre instructor and running coach. On Monday nights, you can find her leading the weekly Trail and Ales at Caboose Brewery!