



WELLNESS CHAT

PERFORM YOUR BEST!

presentation hosted by: SPH Wellness Committee



TUESDAY NOV 6, 2018 @ 11 AM
ROOM SPH/PI 932

Join us to learn ways to uphold good health and wellness despite a hectic schedule.

We will share tips to achieve better work-life balance and shift focus on your journey to better health and body!



PERFORM YOUR BEST

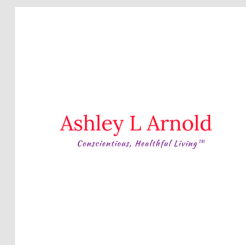
WHY ATTEND?

Learn from a team of health professionals.

Martin Kimpston, MATs, RTSm is a leader in personal training with focus on optimal performance. He will lead a brief discussion on muscle tightness as a result of muscle weakness and include easy exercises to perform while seated at a desk.

Ashley L Arnold, MBA, MPH, an integrative health coach, will follow up with information regarding other factors that could be hacking your overall well-being and provide guidance on supportive measures for your body to perform most optimally.

Sergio Vicente, a fitness specialist, culinary artist and founder of Sage Eats Chicago, will share ways to make healthful, satiating meals with a busy work-life schedule. A sample size of one of his healthful menu options will be provided.



More information about Martin, Sergio and Ashley can be found at the following websites:

strictlymuscles.net

www.sageeatschicago.com

www.ashleylarnold.com