



And



proudly present



Health and Wellness An Investment for Life

Taught by Rosie Bank

There is still one long term investment with insured dividends: Your Health! Would you like to optimize your health and have a real shot at longevity? This course will teach you how to adopt simple strategies to help you feel better look better, and have more energy. You will learn the fundamentals of nutrition, the effects of lifestyle on health, the benefits of stress management, and ways to implement movement and exercise. You will also receive a variety of tools and resources that can help you better understand how to achieve your goal of a happier, healthier you.

About the instructor: Rosie Bank is a Certified Health and Wellness Consultant. She is an author, a speaker, and a group and individual facilitator since 1973. She has maintained a private practice in the health and wellness industry for over thirty seven years. Rosie's expertise is in teaching practical and simple strategies that enable people to live more successfully in their bodies. She is an avid athlete, a health nut, and the author of *Bodies, Health, and Consciousness, Lessons in Embodiment, and You, Inc.*

Registration Deadline Friday 1/13

Section	Days	Time	Room	Dates	Instructor	Fees
110003	T	6:30 - 8:30 pm	SMAS/40	1/17 - 1/24	Bank	\$25

For more information:

[Click here](#)

To Register, [Click here.](#)

About the instructor: [Click here](#)

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