

NUTRITION & FITNESS FOR OFFICIALS

6-WEEK SMALL GROUP PROGRAM

WHO: you + your officiating community

WHAT: meal planning, cooking tips, fitness recommendations, and a weekly Q&A to improve the unique lifestyle of officials

WHERE: virtually!

WHEN: Wednesdays weekly, starting February 3, 2021

COST: \$100/week (sliding scale available)

GROUP SIZE: 3-8 participants

**SMALL GROUP SUPPORT
FROM ANNA & LONDON!**



Send us an email at
hello@thrivetherapybayarea.com
to sign up or learn more today!

From: Thrive Therapy Bay Area