

Ready for Change? Ready to Set Goals? Here's How...



**JOIN US at Fitness Crossroad
for a powerful seminar on
how to create a better YOU!**



This seminar is for anyone interested in improving their emotional, physical and mental well-being.

Participants will:

**Identify what stage of change you are in and how to move your goals into action.*

**Identify barriers and challenges and develop strategies to overcome them.*

**Create a personal vision and set goals for a healthier lifestyle.*

Presenters:

Mark Meier

MSW, LICSW
Founder of Equalicare
markm@equalicare.com

Mark has been a member at Fitness Crossroads for two years. Mark is the founder of Equalicare (www.equalicare.com) which is a consulting company that addresses the impact of depression, conflict, and poor relationships in healthcare settings, educational institutions, and businesses. Mark has dealt with his own battles with depression and speaks across the United States about these experiences. Mark lives with his wife and 3 children here in NE Minneapolis.

Beth Kanthak

Wellcoaches - Wellness Coach
NASM - Personal Trainer
beth@fitnesscrossroad.com

Beth has a Bachelor of Science degree in Physical Education with a Minor in Corporate & Community Fitness. She has been a fitness educator for over 19 years as a personal trainer, wellness coach, health & wellness presenter, family fitness, kids fitness, and a group fitness instructor. She specializes in wellness coaching, vision planning, goal setting, nutrition, chronic illness and women's wellness.

Tuesday, March 9th
6:30 pm - 8:30 pm

\$10/person, open to the public

Please register at the Front Desk of Fitness Crossroad