

All In Good Taste

GOOD HEALTH GOOD ENERGY GOOD LOOKS

Learn from experts how all are attainable with the right nutrition and the right exercise - in a fun, casual, friendly class

ba Beck/Allen
ca Cabinetry

DATE: **TUESDAY, JULY 14, 2009**
TIME: **10:00 am - Noon**
WHERE: **Beck/Allen Cabinetry Showroom**
 11626 Page Service Drive 63146



COST: \$15 per person - includes

- Recipes
- Sample tasting of each item demonstrated
- Asking individual questions during and after class

ATTIRE: Casual - come in your sweats or jeans.

Former LA Celebrity trainer - Coach Hammer

and

Registered Dietitian Jaime Rothermich
from Hammerbodies Custom Fitness

discuss how the right foods, fitness & nutrition combined provide
anti-stress, anti-aging and life-enhancing benefits

Come with a friend and support each other in your quest for your personal best

Registration required: Please visit the Beck/Allen Cabinetry website at
www.beckallencabinetry.com and click on the CLASSES tab or by calling
Beck/Allen Cabinetry at 314-677-6713.