

*A Joint Presentation by Chrissy Ramstead of Connect Fitness,
Shaya Sy-Rantfors of Brio and Jennifer Hawrisha of Mastermoves Core Training and Core Salsa*

Recession Proof Your Body

Where's MY bail-out?



Take care of what's really important.

**Reality is—there's no bail-out
when it comes to your health.**

If there's any kind of investment
you should be making right now—
it should be in your health.

Working to pay the bills and supporting
yourself or your family are pretty hard to do
without it.

In fact—you may end up **COSTING** yourself
more money if your health isn't
your #1 priority.

Don't look for the quick fix...

Learn to live a clean, low-glycemic index lifestyle.

**The return is a long, healthy, happy sustainable lifestyle—worth far more
than all the money in the world.**

Join Chrissy, Jennifer and Shaya to find out why and how a clean, low-Glycemic Index
Lifestyle is the way to recession-proof your body, health and peace of mind.

Saturday April 25th, 2009, 1-3pm

Mindclick Partners, 1409 Bellevue Ave, West Vancouver

Tickets \$7

RSVP to shaya.syantfors@gonowmail.com

778.895.3530

BRIO

Love Life. Live Everyday with Brio.

Recession got you down?
FREE STRESS Relief



**BANG
HEAD
HERE**

DIRECTIONS:

1. Place kit on FIRM surface
2. Follow directions in circle of kit
3. Repeat step two as necessary or until unconscious
4. If unconscious, cease stress relief activity—and look after yourself properly—Turn over page to find out how.