

MIND + MUSCLE MENTALITY

Raising awareness that fitness is not only good for your physical health and wellness, but your overall mental and emotional well-being as well.

This free seminar includes a discussion on resiliency and perseverance - we are celebrating a new year of positive and healthy goals and habits for everyone!

**2/20
6 - 7 p.m.**

- Introduction of host, speakers, & program
- 10-15 minute mind/body presentation
- 30-40 minute panel Q&A discussion

VB Strong Center

3388 Princess Anne Rd., Suite 2001, VA Beach, VA 23456



HOST **CORY GARNER**

Certified Personal Trainer/Nutrition Coach,
Mental Health Advocate



SPEAKER **TRACY HOLEMAYER**

Wellness Coach
(@uncontrollably_me)

Change can be scary, facing truths can sometimes shake us up a bit, fear is a limiting belief that stands in our way at times. But, what emerges on the other side of doing the work is a better version of you and the ability to make significant improvements in your own life. As a coach I will help you uncover your most authentic self, we work together in creating the life you desire, I will provide you with encouragement and help to overcome what is holding you back. Remember it is courage and fear, not one or the other”
- Tracy


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nami
National Alliance on Mental Illness
Coastal Virginia