



BJBE SISTERHOOD PRESENTS



WEDNESDAY, JANUARY 8TH. 7:30PM AT BJBE, 1201 LAKE COOK, DEERFIELD ARE YOU FIT TO FLOURISH IN 2020?

Stop resolving and start becoming!

It takes more than motivation to reach the big goals you set for yourself in fitness and wellness. Making positive, sustainable, long term changes requires a deep understanding of “why” as well as what drives you forward even when the novelty wears off and your motivation is waning. If you want wellness to flourish this year, you need clarity, strategy, and accountability.

Join Lina Midla, CPT CFSC & DVRT 1 & 2 Trainer
for an evening designed to teach you how to strengthen, nourish, and thrive in 2020.

MEET LINA MIDLA,
CERTIFIED WOMEN'S
FITNESS AND WELLNESS
COACH WITH STUDIOS IN
DEERFIELD.
ENJOY AN EVENING
DESIGNED TO TEACH YOU
TO HOW TO STRENGTHEN,
NOURISH, & THRIVE IN
2020. THE PRESENTATION
WILL INCLUDE GUIDED
MEDITATION,
JOURNALING TO HELP
IDENTIFY WHO IT IS THAT
WE ASPIRE TO BECOME,
AND DAILY PRACTICES TO
HELP US ON THAT PATH.

DRESS COMFORTABLY FOR
A LIGHT WORKOUT.

THERE IS NO CHARGE FOR
THIS EVENT. GUESTS
WELCOME!

PLEASE RSVP BY
JANUARY 2ND TO
GLORIA KAIZ,
SISTERHOOD PROGRAM
VICE PRESIDENT,
GLORIA@KAIZS.COM
847 958-9158