



# THE ART OF HEALTHY LIVING

A seminar about how to live a healthier lifestyle  
Presented by Nancy McDaniel of Formula for Fitness

**TUESDAY, JANUARY 7, 2020**

**10:00 - 11:30 AM**

**LAKES AREA CHAMBER OF COMMERCE  
305 N. PONTIAC TRAIL, WALLED LAKE 48390**

Free to current members  
light refreshments ~ registration required

From eating the right food to the perfect exercise routine, find the best path to a healthier and happier you. Nancy will break down the myths about healthy living and offer easy methods to change your routines.



## Sign Me Up!

Business Name: \_\_\_\_\_

Your Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Lakes Area Chamber of Commerce  
Phone: 248.624.2826 Fax: 248.684.2892  
Email: [info@lakesareachamber.com](mailto:info@lakesareachamber.com)

Register Online at:  
<https://lakesareachamber.com/events/event-registration-form/>

