

**GIGI CARTER OF "MY TRUE SELF" OPENS STUDIO
(Opening January 2 @ 188 A Street, Eastsound)**

To help Orcas residents restore health and improve their quality of life, nutritionist and personal trainer Gigi Carter announces My True Self will be opening a personal nutrition and fitness studio! My True Self will offer one-on-one and duo personal training and nutrition counseling sessions. Clients can schedule a session for personal training, nutrition counseling or both through the website mytrueself.com, call **360-726-3188** or email gigi@mytrueself.com.