



PAVITT
HEALTH & FITNESS
FOR YOUR TOTAL WELL-BEING

Weight Training for Fat Loss

*Using free weights can be the most effective form of strength training for increasing bone mass, strength and function while **decreasing body fat**. Anyone wishing to optimize their exercise productivity and maximize their fat loss should learn to use free weights. **Dr. Corey Pavitt** will present information appropriate for adults and teens of all ages and abilities.*

Thursday, February 9th, 6:30 pm

***FREE** and open to the public*

More info: www.gopavitt.com

*Or...check out our **FACEBOOK** page!*