



Get Healthy @ the Library

Fitness for the rest of us

Your body is made to move! You don't need fancy gym clothes, a personal trainer, or expensive equipment. You may need someone to help you breakthrough the reasons and excuses that prevent you from exercising.

Veteran fitness expert and motivational speaker Tami Anastasia is inspirational and provides a common sense approach. Her book, Toward a Magnificent Self, (\$14.99) will be available for signing after the talk.

Come on . . . put a little spring in your step and see how good that feels for your mind, body, and spirit.

Join us for a motivating and practical talk about exercise for every body, size, shape, and age.

Wednesday April 14 2010

1:30 – 3pm

MORGAN HILL LIBRARY

660 West Main Ave. Morgan Hill 95037 (408) 779-3196

