



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, but you may need someone to help you break through the reasons and excuses that keep you from doing even the simplest exercises.

Veteran fitness expert and motivational speaker Tami Anastasia provides a common sense approach to feeling good about our bodies. Her popular book, *Toward a Magnificent Self* (\$14.99) will be available for signing after each presentation.

Bring a friend who might benefit from this friendly, low-key talk. Join us for an inspirational and practical discussion about fitness for every body □ every size, shape, and age.

Wednesday, July 7 • 2 p.m.

### CAMPBELL LIBRARY

77 Harrison Avenue  
Campbell 95008  
408 / 866-1991

Saturday, July 17 • 2 p.m.

### SARATOGA LIBRARY

13650 Saratoga Avenue  
Saratoga 95070  
408 / 446-1677



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