

CLE Presents: Abundant Life Fitness Seminar



**June
26th
2010**



Would you like more energy, creativity and enthusiasm?

Would you like more joy, aliveness and inspiration?

Would you like more health, wellness and fitness?

Come join Nancy Rollins and learn how to be more in sync with your body and discover how it can support you in becoming the person you have always wanted to be. Life is more than just exercise. Nancy has discovered the balance between wholeness and fitness and will teach you how exercise can be a conduit to developing your spiritual as well as physical core.

Whether you have never run a step in your life or are a seasoned athlete, this is for you!
During this workshop you will:

- Use your body to enhance your whole self, not your physical self.
- See how wellness and exercise in community motivates and inspires personal transformation.
- Learn how to harness the dynamic relationship between body and spirit, and use fitness to deepen your level of satisfaction in life.
- Experience in real time how exercise can help you to more meaningfully connect with yourself, others, and God.

When

Saturday, June 26th, 2010
8am-10:30am

Where

CLE Training Room
3100 Dundee Rd. Ste. 102,
Northbrook, IL 60062

Cost

\$25, bring a guest for \$5

Registration

Sign up by calling or emailing Nancy
at 847.272.3684 ext. 13 or
nancy.rollins@cle.us.com

Speaker: Nancy Rollins M.S., LCPC, NCC is the senior female therapist at CLE, a wife and mother of two grown sons, and a competitive runner having raced in nearly 60 marathons. Join her as she speaks from her 30+ years of athletic experience and learn how growing a balanced core can maximize your energy and vision for life.

