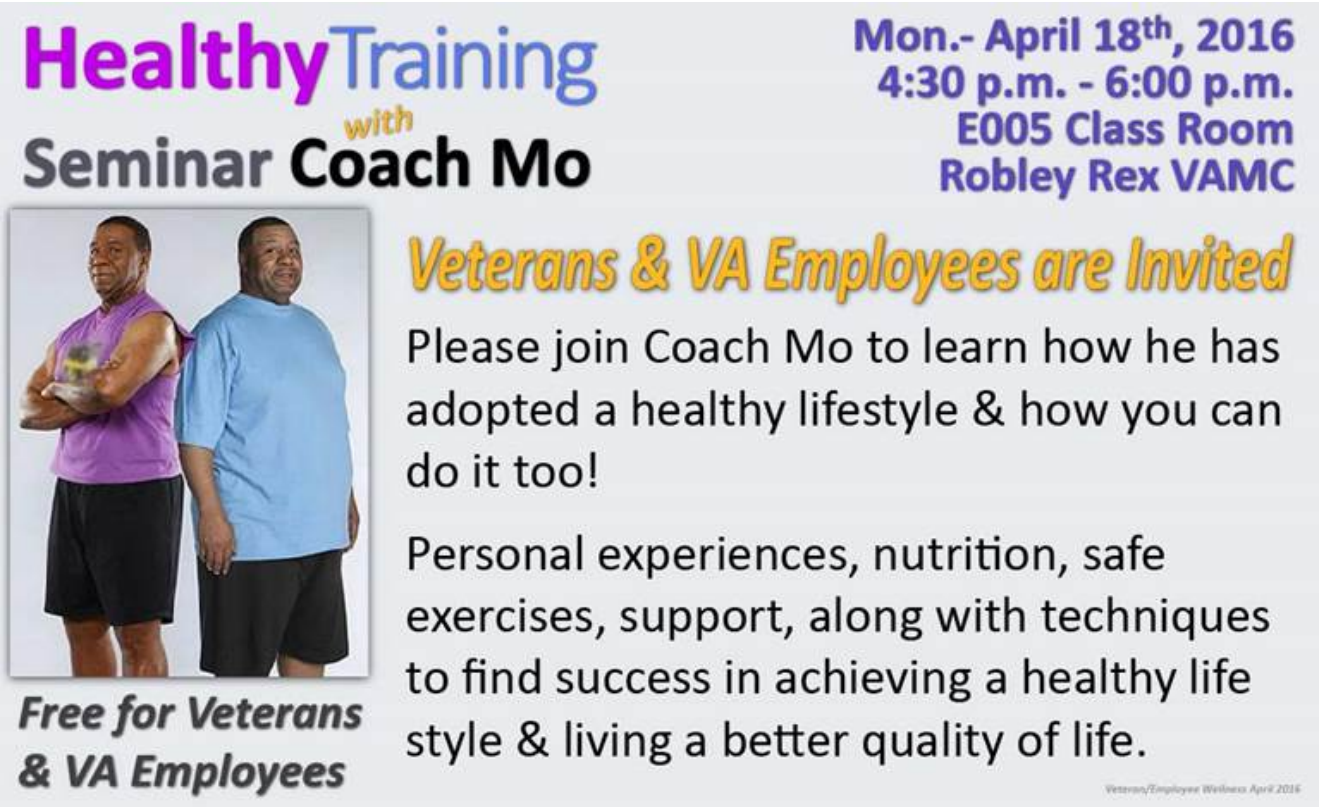
Healthy Training Seminar with Coach Mo

Monday, April 18th, 2016
4:30 p.m. – 6:00 p.m.
E005 Class Room
Robley Rex VAMC

Veterans & VA Employees are Invited

Please join Coach Mo to learn how he has adopted a healthy lifestyle & how you can do it too!

Personal experiences, nutrition, safe exercises, support, along with techniques to find success in achieving a healthy life style & living a better quality of life.

Free for Veterans & VA Employees