



COMMUNITY WORKSHOP

Physical & Mental Healing



Gain clarity & confidence in your approach to your physical & mental health!

- Eliminate Back Pain & Sleep Better At Night
- Have Your Kids Wishing They Could Keep Up With You!
- Eat What You Love & Know It's Helping You Get Stronger

• MOVEMENT, NUTRITION & HABITS

July 24, 11am-2pm
Community Complex

CODY GONSALVES
Health & Fitness Coach

• CONFIDENCE & EMPOWERMENT

July 24, 11am-2pm
Community Complex

MIKE SCHWARTZ
Functional Movement &
Performance Mindset Coach

SIGN UP AT

www.purposefulmovments.ca/SandyBayJuly2024

