

OUR BRAINS BEHIND OUR EXERCISE

Saturday, November 22 @ 9:00AM

Presented By:



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SHERMAN CONSULTING
Professional Counselors

- What are our expectations of ourselves and what gets in the way of our motivation?
- What are the games we play when we try to be healthy?
- Do you truly believe you are as strong as you are?
- Why do we develop bad eating habits?
- When are we good enough?

Come find out how to learn to use your mind
to motivate your workouts.

Led by Amy Henning, world accomplished triathlete and licensed therapist.