

The Exercise Coach and Ebenezer Wellness
present

Staying on TOP of your GAME

How strength and nutrition impact your
mental, emotional and physical vitality

Join us at The Exercise Coach for our series:

Thursday, March 6th

5:00pm - 6:30pm

Why Am I Wired And Tired?

4325 Northwest Hwy., Ste. 500



Thursday, April 3rd

5:00pm - 6:30pm

Where Did My Mental Mojo Go?

14891 Preston Rd. Ste. 100

Thursday, May 1st

5:00pm - 6:30pm

*My Get Up and Go
Got Up and Went*

5600 W. Lovers Ln., Ste 210



All attendees will receive 4 FREE Sessions at the
Exercise Coach plus a FREE 30-Minute Nutrition Consult
with Elizabeth Naylor, A.C.N., C.I.C., Candidate D.S.C.

Sign Up Today | www.TopOfYourGame.eventbrite.com

The **Exercise** Coach.

ebenezer
WELLNESS

TheExerciseCoach.

Experience Innovation. Enjoy Strength.™

The Exercise Coach offers a time-sensitive solution that will produce results for people wanting to look as young as they feel and to maintain and increase their overall health. Our system is not based on fads, gimmicks or tradition. Instead, we are guided by scientifically sound strategies that are easily integrated into a training regimen for the older and wiser body.

Since opening our doors in April of 2013, our coaches have taken clients on individualized journeys toward health and wellness. Clients of The Exercise Coach in the DFW area are experiencing results. They have increased their strength and energy, accelerated weight loss, and optimized aerobic capacity by engaging in the world's most customized workout.

469-265-4466

ExerciseCoach.com

ebenezer WELLNESS

At Ebenezer Wellness, Elizabeth works with individuals to understand their health issues and the role of diet and lifestyle in supporting their vitality. Using objective and subjective assessments, Elizabeth educates and coaches to support the client in finding their own motivation and answers. She recognizes that there are two experts in the room – her expertise in holistic nutrition and the client's expertise of themselves. She supports the client with recommended diet changes, supplement advice, coaching to find their best thinking about their health issues and referrals for complementary healing

ebenezerWellness.com 214-415-0760