

Candace Curry

is Coming back to One On One!

"Awesome! Loved her sense of humor!"

"Entertaining, authentic, and informative!"

"Very entertaining and engaging with her subject matter."

"Would have liked to have heard more...Freakin' hilarious!"

"Love to hear Candace speak again!"

"Excellent advice on managing our thoughts...My brain is working..."

Subject: We Are What We Eat..and What We Think!

I'm too fat, I'm too old, I'm too busy, I'm too tired, I'm an all or nothing person, I can't, I should have, I would have, I could have, I must....AHHHHHHHH!!!!

So many thoughts.....

How we think has a huge impact on our success (physically and mentally). Sometimes, we aren't even aware of the stories that we've been telling ourselves. Candace Curry has an exceptional gift of getting us to look at our thoughts and behaviors in a way that will make you laugh while encouraging you to question some of your unhelpful beliefs. Once you hear Candace speak, you will know why she is such a highly requested speaker. Don't miss out

Date: Tuesday, November 17, 2009

Time: 7:30 - 8:45 p.m.

Venue: One On One Personal Fitness Instruction Inc., 1516 - 17th Avenue SW

Fee: \$35.00 per person before Nov 10, 2009, \$45.00 thereafter.
(No cancellations after November 10th)

Who can attend? We welcome your spouse, friends, family, and co-workers at this event.

How to Register: Call or e-mail Marissa at the studio (**403-244-9059** or oneononefitness@shaw.ca). Payment will be accepted over the phone or in person—space is only confirmed once payment has been received.