

UNDERSTANDING FUEL FOR THE BODY PART 1, 2 AND 3

LEARN HOW TO NOURISH AND MAXIMIZE FUEL FOR THE BODY!



ALL 3 EVENTS WILL BE HELD AT THE TUNLI COMMUNITY CENTER FROM 11AM TO 1PM AND WILL INCLUDE A LIGHT SNACK.

***PART 1: 8/27/19 UNDERSTANDING FUEL FOR THE BODY
PART 2: 9/24/19 GUT HEALTH AND OPTIMIZING OUR FUEL SOURCE FROM NUTRITION
PART 3: 10/22/19 PLANNING AND GOAL SETTING***

Dawn Manuelito is a Health and Wellness Coach who helps people

BUILD AND LIVE HEALTHIER LIFESTYLES.

Dawn has 9 years in education experience within the health and wellness industry . She is currently studying at Arizona State University for her BA in Interdisciplinary Studies with concentrations of Exercise Wellness/Healthy Living and Nutrition. She received her AAS in Exercise Science and Certificate in Strength, Nutrition & Personal Training from Chandler-Gilbert Community College . Dawn has worked with a diverse population to include special health risk populations.
