



TAILGATE TREASURES

A UNIQUE & INTERACTIVE CLASS ON
NUTRITION, FOOD PREPARATION & FITNESS

JANUARY 26TH 7-9PM

HELD AT CHESTER COUNTY KITCHEN & BATH
724 E. Union Street, West Chester, PA 19382

FEATURING:

MARK GOODWIN

- OWNER, ALL-N-WON WELLNESS
- EXECUTIVE CHEF, CERTIFIED WELLNESS COACH,
CERTIFIED PERSONAL TRAINER

PATTI SKAHAN, RD

- REGISTERED DIETICIAN
- PROFESSOR, EASTERN & IMMACULATA UNIVERSITIES

JEANNINE L. STUART, PHD

- PRESIDENT, AREUFIT HEALTH SERVICES
- PROFESSOR, WEST CHESTER UNIVERSITY

COST: \$40 – INCLUDES FOOD TASTINGS & EDUCATION
DOOR PRIZES!

TO REGISTER: CALL 610.993.9123 OR

EMAIL: KREITANO@AREUFITHEALTHSERVICES.COM

WE'LL HAVE LOTS OF SNACKS, SO BRING YOUR APPETITE!