

VIRTUAL WEBINAR

SEPT 17.
@12:30PM

MOJAVE
AIR & SPACE PORT

CARBS THE GOOD & THE BAD

Join Personal Trainer & Strength Coach Shaun Woerner as he takes you through all the important details you need to know about Carbs!

How many, When to eat them & When to avoid them will all be covered in this interactive webinar!



Celebrating 25 years

elevation
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ALL ARE WELCOME!

NON MEMBERS: EMAIL US TO JOIN!

REGISTER IN THE MEMBER PORTAL FOR THE ZOOM LINK

www.mojavefitness.com
email:mojavefitness@contactelevation.com

