

The B-defined Times

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Innovative Personal Training & Wellness

June 2010

4801 Courthouse Street, Suite 122 Williamsburg VA 23188 757 345-6801 www.b-defined.com

TEAM BUILDING 2010

The staff enjoyed a full day of team building exercises and rafting. We continually strive to discuss new and better ways to help improve your experience here in the studio.



B-defined 2010 Arthritis Walk
Thank you one and all for your support and attendance. With your help, we were able to raise over \$1,000. We would like to congratulate our raffle prize winner Dawn Michelle. Dawn receives 2 one hour personal training sessions here in our studio.



FREE SEMINAR

Please join Valerie Huckstep, B-defined Registered Dietitian for an hour of enlightening "Food For Thought"...

LAYING YOUR FOUNDATION FOR HEALTH DISCOVER THE TRUTH ABOUT WHAT AND HOW YOU EAT!

- What can you gain from researched based eating strategies?
- How do **Food Manufacturers** "seduce" us into selecting unhealthy foods and beverages?
- Does "**Food Addiction**" really exist?
- Add these nutrients to help combat **Stress**.
- Can these spices improve your **Brain Function**?

Date: Wednesday, July 28

Time: 12 noon to 1pm

Place: SunTrust Board Room
SunTrust Building New Town
Registration required and lunch provided



SAVE THE DATE Thursday July 22

B-defined & **the Health Journal**

5 Year Anniversary Celebration

- **Catering by Buon Amici**
- **Music by Me and JO**
- **Raffles**
- **Prizes**

Invitations to follow

