

**New Year, New You!**  
**Saturday, January 4, 2014**

A Health and Fitness Event  
Sponsored by the Colorado Fund for Muscular Dystrophy

- What:** "New Year, New You" will be a health and fitness event featuring a Zumba Fitness class, yoga class, and health products for sale!
- When:** Saturday, January 4, 2014; 10AM – 1PM
- Where:** Harbour Pointe Clubhouse of the Brandermill Community in Midlothian, VA. Promontory Place, Midlothian, VA 23112
- How Much:** Minimum donation of \$10 for entry is required. Space is Limited. Register NOW! Register here: <https://cfmd-newyearnewyou.eventbrite.com>

**Schedule of Events:**

- 10:00AM** Check-In
- 10:00AM – 1:00PM** Health and Fitness Products Display
- 10:30 – 11:25AM** Zumba Fitness Class with Dhol Tuason
- 11:30 – 12:25PM** Yoga Class (Beginner/Intermediate) with Zeni Colorado  
Please bring a yoga mat or towel



**Health and Fitness Products Display**

Steven Casupan will be featuring #1 online brand Nutrilite products during the event.

Key areas to help jumpstart the *New Year* with the *New You* include:

- Fully organic **vitamins & supplements** spanning a wide spectrum of health needs.
- Quality **sports nutrition** products to maximize your workouts and recovery.
- Affordable and effective **weight management** solutions through new BodyKey line.

*30% of purchased products will be going toward the Colorado Fund for Muscular Dystrophy.*

Complimentary Nutrilite isotonic sports drinks and energy bars will be available to all participants!



**Start 2014 Off Right!**

**Bring a Bottle of Water and Get Ready to Sweat!**

For more information, go to [coloradofmd.org](http://coloradofmd.org)  
or email us at [coloradofmd@gmail.com](mailto:coloradofmd@gmail.com)