



# WELLNESS FAIR 2013

SATURDAY, AUGUST 10  
@ CROSSFIT DECO

12PM – 4PM  
923 W. 9<sup>TH</sup> AVE

MEET AND TALK WITH PROFESSIONALS IN ALL THINGS “WELLNESS” INCLUDING:  
**FITNESS**

- ARE YOU GETTING THE MOST FROM YOUR WORKOUTS?

**NUTRITION/RECIPES\***

- NEED HELP “CLEANING” UP YOUR DIET?

*\*AT 1PM, A NUTRITIONIST FROM VITAMIN COTTAGE WILL BE HERE TO HELP!*

**MEDICAL\***

- YOUR DIET AND ITS ROLE IN DISEASE PREVENTION AND TREATMENT.

*\*AT 12:30, DR. JEFFRY GERBER AND ERYNN KAY, PA WILL GIVE A BRIEF OVERVIEW OF THE PALEO DIET AND ITS ROLE IN YOUR HEALTH!*

**CHIROPRACTIC**

- HOW REGULAR ADJUSTMENTS CAN KEEP YOU IN THE GYM LONGER.

**MASSAGE THERAPY**

- HAPPY MUSCLES = FASTER RECOVERY = BETTER WORKOUTS.

**YOGA**

- LET’S BE HONEST – DO YOU REALLY STRETCH ON YOUR OWN?

**JUICING**

- ARE YOU REACHING YOUR OPTIMAL NUTRIENT INTAKE?

**CAVEMAN MEAL PLANS**

- LET US HUNT, GATHER AND DELIVER DELICIOUS FOOD TO YOU.

**MOTHERHOOD**

- YOUR BODY MAY HAVE CHANGED BUT YOUR FITNESS ROUTINE DOESN’T NEED TO

**SUPPLEMENTATION**

- ARE YOU FUELING YOUR MUSCLES PRE AND POST-WORKOUT?

**ADMISSION (BUY TIX @ WWW.CROSSFITDECO.COM)**

**\$5 DONATION TO: STAND UP TO CANCER’S CRUSH CANCER**

**YOUR ADMISSION ENTITLES YOU TO:**

- RAFFLE TICKET, AND A CHANCE TO WIN A 3-MONTH CROSSFIT MEMBERSHIP, GIFT CARD FROM CAVEMAN CAFETERIA, AND GIFT FROM ATHLETA!
- FREE DRINK AT THE WALL TAVERN
- A FREE SAMPLE OF CARLY’S KITCHEN PALEO GRANOLA

CAVEMAN CAFETERIA’S FOOD TRUCK WILL BE SERVING DELICIOUS FOOD ALL DAY!

HUGE THANK YOU TO OUR PARTNERS...

