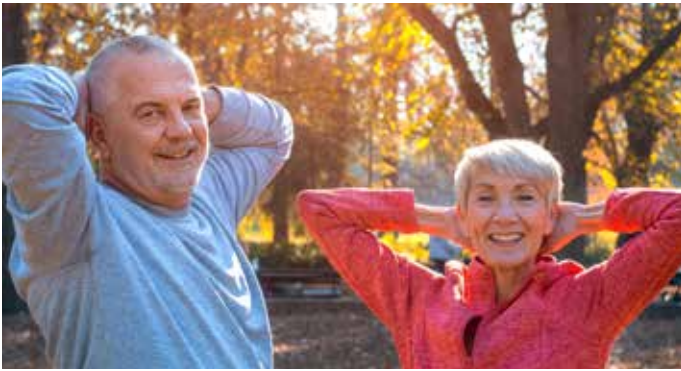


Lunch and Learn

A time to connect and develop solutions together!

Mower Refreshed
Making healthy choices a priority



Save the Date – Wed., Feb. 20, 2019

Fitness and Mindset – Live Like A Champion

Date: Wednesday, Feb. 20

Time: Noon to 1 p.m.

Location: Riverland Community College-Austin Campus,
West Building RM A115 | Parking is available in the North
parking lot

When it comes to fitness, understanding your “Why” is the first step. Why is your physical health important to you? Why should you prioritize your health and fitness? What’s in it for you? Hear from someone who has coached people through this awareness. Learn about the importance of understanding your why and how that can help you achieve success in both fitness and in life. By the end of the presentation, learn how to identify your why and what steps you can take to make your why part of your daily life.

Presenter Information:

Bryce Becker is the director of Healthy Living at the Austin YMCA. He’s been a physical education teacher, gym owner and personal trainer. Bryce is passionate about fitness and sharing that with others to help them achieve their personal best.

REGISTRATION REQUIRED

This event is free and open to the public. Lunch provided by Mayo Clinic Health System/Mower Refreshed to the first 20 people to register. One continuing education credit is available for a \$5 fee.

To register call 507-460-1706 or visit the [Community Education website](#)