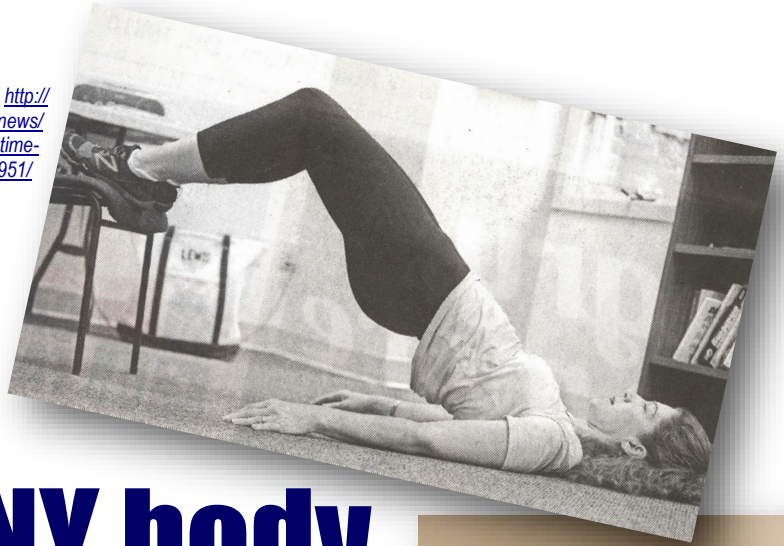


As seen in the Delaware News Journal <http://www.delawareonline.com/story/news/health/2015/06/28/game-squats-turn-tv-time-workout/29444951/>

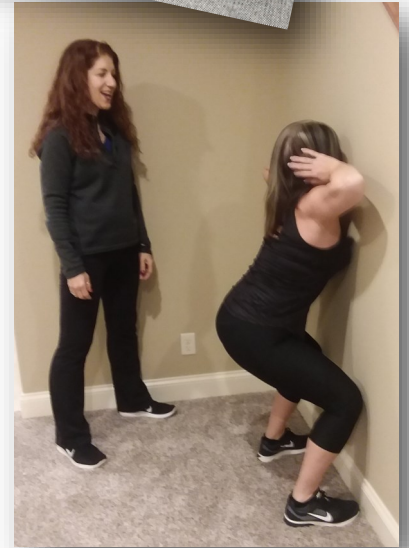


# Functional fitness for ANY body

We all know moving often is important but what do you really know about moving well?

This FUN, informative workshop is designed for everyone from the exercise novice to the full-blown gym rat. Learn what 5 simple, yet essential movement patterns must be included in any high-quality workout. Then learn how EASY it can be to get and stay fit with little or no equipment no matter where you are.

Jessica Lewis is one of the area's top educators in Functional Fitness...let her show you how to first move well, then move often (because moving often doesn't matter if you don't or can't move well!)



**WHEN:** Saturday, November 7th, 10AM-noon  
**WHERE:** Hockessin Chiropractic Centre  
724 Yorklyn Road (in the Stone Mill complex), Suite 150  
Hockessin, DE 19707  
**COST:** \$35



**BUT HURRY... YOUR HEALTH CAN'T WAIT!  
CALL 302-239-8550 BY OCTOBER 31ST TO REGISTER!**

This workshop will be taught by Hockessin Chiropractic's own Lifestyle Coach **JESSICA LEWIS, CPT, CNC**, the region's only Master Personal Trainer who's also a Certified Nutritional Counselor and an Accredited T'ai Chi Chih Instructor as well as the Founder of **Sculpt YOUR LIFE®**. For more information on all aspects of Jessica's Lifestyle Coaching private practice visit her at [www.SculptUrLife.com](http://www.SculptUrLife.com) or follow her on [Facebook](#), [LinkedIn](#), [Meetup](#), [Instagram](#), [Twitter](#) or [YouTube](#)

