

Wellness Seminars

"CSI: Grocery Aisles" - Wednesday, Nov. 11

"Nothing Will Improve Your Results, Your Confidence and Your Quality Of Life More than Reliable, Predictable and Consistently Productive Way to go Grocery Shopping....!!!" Hear the Uncensored And Unedited Truth The Good, The Bad And The Ugly: You probably don't have the time or desire to become a personal trainer or nutritionist, but you're reading this because you know that without effective systems to learn how to eat and workout in place, generating the results you want and deserve are a struggle at times are they not?. If you are still struggling with what to EAT, wondering what products are good or BAD, or you just want a few ideas for how to prepare better family meals, Our Morgan Run Investigate Healthy Living Series Grocery Tour is for you! Take home valuable information (and tasty recipes) and take CONTROL with healthier choices to manage your weight for a lifetime of RESULTS. Ingo will help you learn how to read a label in 10 seconds, how to find hidden sugars, bad fats and genetically modified foods, FDA AND USDA loopholes and how they affect your health. Take an aisle-by-aisle eye opening rich in common sense virtual tour through the market and learn how the layout of a grocery store can affect eating choices. Solve the dilemma of how fresh is fresh? What tastes better? Learn to decode food labels and make the healthiest, freshest choices possible. We will meet at 11:00am... This is a complimentary interactive lecture for Members ... guest fee - \$10. Call 858-756-2471 to RSVP and for meeting location.

"CSI: Mindful Eating" - Wednesday - Dec. 16

21 Tips for Eating Right During The Holidays Once again, the holiday season is upon us, and we all know what that means: a few extra goodies on the dinner plate, a few extra pounds, and yes, maybe even a bit of added stress for some of us. My first survival tip is to **KNOW** that it is common to add a few pounds at this time of the year. Hence, **we can CHOOSE** to allow ourselves the typical few extra pounds and enjoy ourselves without the guilt. **Or, we can CHOOSE** to employ some survival tips in a conscious attempt to refrain from gaining. No matter how you choose to handle the holidays Learn to develop a new relationship with food that builds a positive body image and attitude toward eating well. Meet at 11:00am in the Spa & Sports Retreat Studio. This is a complimentary lecture for Members **A Handout of the 21 Tips will be provided to you when you leave** ... guest fee - \$10. Refreshments provided.

Call (858) 756-2471 to register.

"Dancing isn't just about the steps and music; it's a perfect combination of physical activity, social interaction, and mental stimulation. Dancing enhances your life in so many ways."



in Step

Join the new Dance Club of Morgan Run

Meeting Every Thursday at 7:00 pm
(Excluding 11/26, 12/24 & 12/31)

in Step *is an exciting new Club within Morgan Run who's goal is to provide its members the "steps" needed to be Healthily, Confident, Expressive, Social and Stress Free through Ballroom Dancing!*

Members of the Club will have the opportunity to learn a new type of dance every month. There is **NO COST**, we just ask that you attend a minimum of two 'meetings' per month and come with a great attitude. Please confirm the Thursdays' you will be able to attend in the on-line calendar within the Members only section of www.morganrun.com. Listed there will also be the schedule of dances that will be taught, background on Klair Van Slyke, the club's amazing High Society Ballroom instructor and information on great inStep club events that will take place in 2010.