

WHAT YOU DO MOST MATTERS MOST

Avoiding extremes and finding a balanced, happy place with our health habits is an ongoing challenge for most of us humans. How do you avoid couch potato tendencies vs. training for a 10K? Gobbling French fries vs. grazing on salads? **It's what you do most of the time that matters most to your health over months and years.** Learn practical ways to dwell in a place of balance and moderation. You'll leave this talk with an action plan of small steps that lead to big, positive shifts for getting you to a healthier place. Presented by Certified Whole Health Coach and Personal Fitness Trainer Gayle Wilson Rose.

This is part of a quarterly class on topics related to health and wellness.

**TIME:
6:30-7:30 P.M.**

**DATE:
Tuesday, April 9, 2019**

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