



“POWER FOODS & DIRT CANDY”

TONY GRECO & DR. JOEL

invite you to join them for a powerful workout & seminar focused on raising your energy levels through analysis and consultation.

**Tuesday August 23rd @ Greco Kanata South
95 Abbeyhill Drive**

6:30-7:15pm Tony Greco's Exclusive Power Workout

7:30-8:30pm Dr Joel's Seminar

“DOC and TALK” will focus on being WIRED & TIRED

How to eliminate bloat/restlessness/wasted sleep patterns by supplementing your food intake with Power Foods, Proteins & Dirt Candy!

This is a premium opportunity to learn from two of Ottawa's leading motivators, coaches and health enablers.

LOOK FORWARD to meeting you over a smoothie and espresso.

LIMITED SEATS \$30 (\$20 Greco Members)

CALL NOW 613-836-0388