

SEMINAR

Spring INTO ACTION

*Learn from the experts
on triathlon, functional
training and nutrition!*

Wednesday, April 13 • 7-9pm

**Hall D
Mlacak Centre
2500 Campeau Drive, Kanata**

\$20

FEATURED SPEAKERS

Eric Collard

- Certified ChiRunning instructor and triathlon coach
- Lululemon Run Ambassador

John Sokolowski, CSCS

- Fitness expert who operates Athlete365 personal training in Kanata
- Former Olympian (Salt Lake City, 2002)

Matt Britt

- Founding distributor with the Body By Vi 90 day challenge
- Strength & Conditioning Coach

For more info or to register:

John Sokolowski
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613.816.4179



Eric Collard



John Sokolowski, CSCS



Matt Britt