

NEW YEAR'S  
**REVOLUTION**

Health Talks:

THURSDAY, JANUARY 4 | 5:30PM

**SUGAR DETOX**

AMANDA RUBLEY, MS, RDN

THURSDAY, JANUARY 11 | 5:30PM

**MOVEMENT**

AUSTIN OUTLAW, BS, AS, NASM CPT

THURSDAY, JANUARY 18 | 5:30PM

**SLEEP**

AMANDA RUBLEY, MS, RDN

WEDNESDAY, JANUARY 24 | 6:30PM

**SELF CARE**

KRIS OHLSON, WELLNESS COACH

Health Talks are held at  
Beacon Health & Fitness — Three Rivers.

For additional Health Talks, or more  
information about New Year's Revolution,  
visit [beacon.health/revolution](https://beacon.health/revolution)

