

# HEALTH, WELLNESS & NUTRITION!

*A FREE SEMINAR*

*brought to you by*

*Evolutionary Conditioning*

Personal Trainer

Local MMA Champion

**John Daigneault**

CFT, ISSA, NFPT

Featuring Nutrition  
specialist,

**Aaron Shelly**

(M.S.S., Ph.D., SPN, SCCC, CFT,  
SSC)



**SAT 11/07 9-12pm**

**Bellevue Embassy Suites**

**3225 158th Avenue SE**

**Bellevue, WA 98008**

Call John for details: (206) 841-7558