



"Building a better future by building a better you"

**COSMICCOACHINGCENTRE.com**

## **Fitness & Lifestyle Management - The Missing Link**

Join us for an informative and interactive evening with **Noël Genoway**, Fitness Coach and Personal Trainer who will be presenting a fascinating topic!



**Learn about the body-mind connection, the 4 body types, all those diets and the many exercise choices you have.**

**Tuesday, April 15, 2003  
6:30 — 9:00pm  
1901 Yonge Street  
416-486-5000**

**Cost is only \$30.00!  
Limited Seating**

### **COSMIC COACHING CENTRE**

1901 Yonge Street  
416-486-5000  
www.cosmiccoachingcentre.com  
info@cosmiccoachingcentre.com

**COSMIC COACHING CENTRE is dedicated to providing the community with fun and enlightening seminars and workshops. Think of us as your Information Centre.**

**WE WANT YOU TO BE A WINNER IN THE GAME OF LIFE!**