

# BURN THAT BELLY FAT



Join us as we talk about optimum nutrition & the best abdominal exercises to trim the waistline with **Health Coach Shaira Sakhrani** and **Personal Trainer Chrissy Denton**.



Pearl River Delta Chapter

**DATE:** 16 May 2017 (Tuesday)

**TIME:** 1:00-2:30PM (please have a LIGHT lunch before you come)

**AUDIENCE:** YPO PRD Spouse & YPO GOLD PRD Spouse

**ADDRESS:** Yoga Room, Level 7, 39 Conduit Road, Mid-Level, Hong Kong (干德道 39 號 天匯)

**Please mention “ 30B Andrew Cohen ” once you arrive**

**EVENT CO-CHAIRS:** Grace Lo (YPO PRD) & YPO PRD GOLD

**CAPACITY:** sign up quick as spaces are limited and this is a very popular event

**COST:** Chapter Sponsor

**DRESS CODE:** Sportswear

**REMARKS:** Please bring a yoga mat if you have once

## **Workshop:**

- Abs are made in kitchen – 40 mins
- The perfect exercises for toning the tummy that you can do anywhere, anytime – 40 mins
- Q&A – 10 minutes
- With Healthy snacks & drinks

**To RSVP please contact Janet Lo of YPO PRD at [ypoprj1@gmail.com](mailto:ypoprj1@gmail.com).**

**Please register no later than 8 May 2017.**