

Join us at our FREE



Fitness, Health & Nutrition Event

Fitness Speaker **Katie Ursy** is a personal trainer & group fitness instructor at **Village Fitness** since 2015 teaching multiple classes including Barre, Aqua Fitness, Zumba, Cardio Kickboxing, Rip & Extreme Core. A Clemson graduate, she will inspire us to incorporate exercise into our daily routines to help us move more & feel happy, healthy, confident & strong!

Health Speaker **Ginger Hudock** has an eclectic background with degrees in vocal performance, finance & nutrition. She writes about nutrition, home, health & happiness for **Aiken Bella Magazine** as well as many other topics on her blog.; Ginger's talk will give the attendees 5 rules for eating that, if followed, should lead to better health outcomes. Along with each "rule", Ginger will give practical tactics on how to incorporate that rule into your daily life.

Nutrition Speaker **Craig Dougherty**, co-owner of **High Country Olive Oil** (founded over 10 years ago) sought to establish a means of delivering high quality, flavorful products to enhance healthy diets & lifestyles. HCOO is a purveyor of ultra premium extra virgin olive oils, aged Italian balsamics, fine specialty food, body care products & gifts. Come to his presentation to "taste what's good for you".

Friday, October 22, 2021

10 – 11:30 am

The Reserve Club

(Any W.O.W. member can stay for lunch at their own expense afterwards.)

