

Wellness Workshops at Razor Sharp

“Diet Disaster: Why Chronic Dieting Doesn’t Work”

Wednesday August 19th 10am-11am

Thursday August 20th 7pm-8pm

Saturday August 22nd 11am-12pm

“Fighting Fat After 30”

Wednesday September 16th 10am-11am

Thursday September 17th 7pm-8pm

Saturday September 26th 11am-12pm

“Am I Drinking Myself Fat?”

Wednesday October 21st 10am-11am

Thursday October 22nd 7pm-8pm

Saturday October 31st 11am-12pm

“Eat Well, Spend Less”

Wednesday November 18th 10am-11am

Thursday November 19th 7pm-8pm

Saturday December 5th 11am-12pm

“5 Ways to Winterize Your Mind & Body”

Wednesday December 16th 10am-11am

Thursday December 17th 7pm-8pm

All classes are FREE & Open to Members and Non-members

No Registration Required