

# Leslie J. Rose

MS Nutrition, Nutritional Health and Lifestyle Coach



**Presentation and book signing with the author of**  
*Instinctive Health Inspired Living*  
**Awakening Your Innate Brilliance: The Art of Creating A**  
**Remarkably Resilient Life**

Are you confused about the latest diets? Wondering what will truly work to make you feel more energetic, more balanced, fuel your fitness and give you the body you have always wanted?

Please join us as Leslie shares her seasoned wisdom, applicable approach and effective, broad-based understanding of living an effectively balanced life.

**Wednesday, September 13th, 2017**

**12:00pm-1:30pm**

**Free to community and YMCA members!**

**Register at the front desk, as space is limited!**

