



LIFE COACHING DEPARTMENT
PRESENTS:

TAKE CHARGE OF YOUR HEALTH IN 2010

WORKSHOP

NUTRITION

Learn to eat for energy, drop the extra weight and incorporate healthy eating habits that last.

EXERCISE

Make exercise simple and fun as well as increase your strength and self-confidence.

MINDFULNESS

Develop practices that improve your motivation and help you maintain a positive attitude.

Monday, February 8, 2010

7:00–8:30 pm

Studio 2

\$25 per person, \$20 if you bring a friend.
Non-members are welcome.

ADVANCE REGISTRATION IS REQUIRED. TO REGISTER CONTACT EAC'S RECEPTION DESK AT (847) 866-6190 OR CONTACT DIRECTOR OF LIFE COACHING DR. JEREMY BLOOMFIELD AT EXT 233 OR JEREMY@EACONLINE.COM

DREAM IT! PLAN IT! LIVE IT!



EAC Life Coach
-Andrea Gaines

Andrea Gaines is a certified Life and Wellness Coach who inspires groups and coaches individuals to take a proactive and holistic approach to healthy lifestyle changes by focusing on optimal nutrition, simple exercise, relaxation and positive mindset. Andrea has coached individuals and groups for over ten years, helping them accomplish their goals, improve their focus and establish a healthier work-life balance.

Andrea is a certified Life Coach trained through Coaches Training Institute and a certified Wellness Coach through WellCoaches. Her strong foundation in exercise science and nutrition, as a certified personal trainer and

group fitness instructor helps clients understand the importance of making self-care a priority in order to live a more inspired life. Andrea also leads corporate employee wellness and team building workshops. Using principles in Positive Psychology, Cognitive Behavioral Therapy, Exercise Science and Life & Wellness Coaching, Andrea gives you tools to change old behaviors and make lifestyle changes that last. Andrea teaches EAC's Friday morning Cardio Conditioning Class at 9:30 am. Come and say hello!

Andrea Gaines
againes@eaonline.com
847-866-6190 ext. 287

Part of Your EAC Life Coaching Team

EVANSTON ATHLETIC CLUB
1723 BENSON AVENUE • EVANSTON IL 60201 • 847.866.6190