GMDC
Spouse Program
Well Being: Nourish Your Mind, Body & Spirit – Day Two
10:00 a.m. – 12:00 noon
Director's Suites 3 & 4
Fitness and nutrition expert, Ingo Lojé, will focus on the skills that you acquired on day one and lead you on a fitness walk . . . right to the grocery store. You'll tour the supermarket and learn how to read labels, investigate the myths and truths of organic foods, and discover how to balance your own "personal pyramid." Be sure to dress in comfortable attire and sport shoes.
Presenter: Ingo Lojé

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