

Join Global Girls and A Sweat Life
For a healthy living “Body, Mind and Spirit Connection” FUN time!

- *Exercise*
- *Nutrition*
- *Mindfulness*
- *Team building for support after the event*
- *Refreshments*

FREE

Saturday, October 6, 2018

10am until 2pm

The Global Studio

8151 S. South Chicago Ave.



RSVP: 773.902.2359 or info@globalgirlsinc.org

A Sweat Life is a best-in-class media company that helps you live your best life — through workouts, yes, but also through mindfulness, nutrition, community, and empowerment.

Learn more at www.asweatlife.com.