

THE SKINNY ON CARBOHYDRATES

For years you may have heard things like “Cut out carbs” or “Carbs are the enemy”. Are carbohydrates really like some evil villain put on this planet to destroy us? Join us on September 21st at 12pm to discuss the true identity of carbs and how they are crucial in our daily diets. This seminar will include topics such as:

- ⇒ A clear understanding of what carbs are
- ⇒ The different types and classifications
- ⇒ How are body uses them
- ⇒ Different options for each goal
- ⇒ Daily requirements for carbohydrates
- ⇒ How to work healthy carbs into every meal



- When—Saturday September 21st at 12pm
- Where—Spa 23 Multi-purpose room
- Who—Included in Optimal Wellness Membership
- Silver Membership, Premier Membership, Spa23 Guest \$20 Fee
- How— Register on the Spa23 app, See Member Services or the Fitness Team

[Contact our Fitness Director Andy at Andy@spa23.com for more information](mailto:Andy@spa23.com)

Pure
massage

BEYOGA
TRADITIONAL & HOT YOGA

CrossFit
PEQUANNOCK

CAMP
SPA23

973.839.8823 | 381 Route 23 | Pompton Plains, NJ
www.Spa23.com | open 24 Hours