

You are invited to join the Morro Bay Library

Body Thrive Book Club

Thursdays from 1:30 p.m. – 3 p.m.

For 10 Weeks: August 25 – October 27, 2016

Morro Bay Library – Program Room
625 Harbor St.

Align your body with the future body you desire in 10 weeks, with the support of others in this special Body Thrive Book Club.



Better Energy



Deeper Sleep



A Better Diet



#BODYTHRIVE

- Learn 10 habits in 10 weeks from Ayurveda
- Learn the basics of behavioral science to uplevel your habits.
- Learn how to change your habits in relationships.
- Simple, effective strategy to get better sleep, more energy, and more nutrients.
- Gain the support of other individuals going through this with you!

What You Will Need:

The Book – **Body Thrive** – Uplevel Your Body and Your Life with 10 Habits from Ayurveda and Yoga by Cate Stillman

If this sounds like something you would like to do, register now!

Space is Very Limited! Must be willing to attend Complete Series. No drop-ins. Pre-Registration is essential. Please reserve your place early.

Register: Karen-bodythrive@live-now.org or (805) 772-9268 or at Morro Bay Library Front Desk **by Friday, July 29, 2016.** Once you have registered you will be sent a confirmation email with a link to get the Free Body Thrive Workbook and an invitation to be part of the Body Thrive Book Club Newsletter.



A Free Program Funded by:

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