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# THE HEALTH PROJECT PRESENTS Health & Fitness Experts

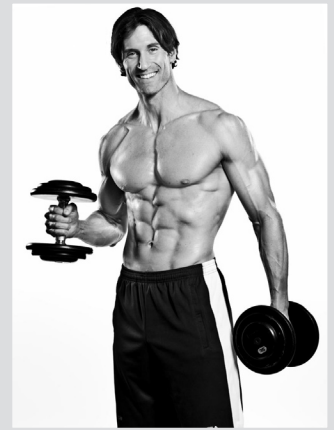


**Guest Speaker  
Kasia Sitarz**

Pro Fitness Model  
& Bikini Competitor,  
Published Author, Athlete,  
Personal Trainer  
& Motivational Speaker

Nathane will speak on the endless benefits of Plant Based Nutrition; including fortifying your immune system, creating an alkaline (pH-balanced) body, practices for optimal digestion, natural anti-aging, enhanced athletic performance and recovery and much more.

Listen to Kasia's speak about her personal journey to health and how food, nutrition, her mind & dedicated focus got her to where she is today. In addition, she will talk about the importance of a well-balanced body and how to get motivated and stay motivated!



**Guest Speaker  
Nathane L. Jackson**

Strength & Conditioning  
Coach, Published Health &  
Wellness Writer & Speaker,  
TV Fitness Personality &  
Professional Fitness Model

## Wednesday, January 25th

**Doors open 6:30 pm (Guest Speakers 7 pm - 8:30 pm)**

Mold-Masters Sportsplex  
221 Guelph St. Georgetown, ON  
(Corner of Guelph & Alcott Drive (upstairs hall))



**FREE** Donations will be accepted at the door!  
For more info visit [www.walkthiswayorg.ca](http://www.walkthiswayorg.ca)