

GET

MITCHELLED

WORKSHOP

Saturday, March 10, 2018 • 10 a.m. to 2 p.m.

TIPPING POINT THEATER

361 E Cady St, Northville, MI 48167

Spend your day learning the unique principles that are changing the lives of women across the country!

Author and "Body Transformation Expert", Dean Mitchell, will show you how to find the woman who has been missing in the mirror all these years! His inaugural "Throw Your Scale out the Window" seminar was a sold out, huge success branding him and his concepts as the preeminent women's "holy grail" to achieve the unachievable.

Your "GET MITCHELLED" day will include the following:

Interactive Lecture Segment: Dean shares the unique life-changing principles he has developed for how to approach nutrition, cardio, exercise and state-of-mind just to name a few.

Hands-on break out sessions: Dean and his team will help you to design your very own personalized program and more importantly, show you exactly how to apply it!

This will be life changing - guaranteed!

Only \$29.95* per person

*A portion of the proceeds will be donated to the TWLOHA (To Write Love On Her Arms) charity.

Dean P. Mitchell

Mitchellfitnessgym.com

email: Deanomitchell16@gmail.com

Dean Mitchell is a health and wellness consultant, author, and co-founder of Mitchell Fitness Solutions in Northville, MI.

