



The season's upon us to...

## Fall in Love with Living Well

Come to Northbrook Court Athleta for a morning of healthy inspiration!

Saturday, October 25

9am-10am (before store opens)



Yoga Flow (9am-9:25)



Taste some Nourishing, Gluten Free Fall Recipes (9:25-9:45)



Private Shopping Experience. With purchase of \$100, receive a FREE GIFT from Athleta! (9:45 to 10am)



Be inspired to live well from the inside out



Meet Katie Oldham, Wellness Coach, Yoga Instructor, Writer, Presenter, Creator of Happily Whole

Visit [www.livinghappilywhole.com](http://www.livinghappilywhole.com)

Real food recipes. Refreshing fitness. Inspired living.