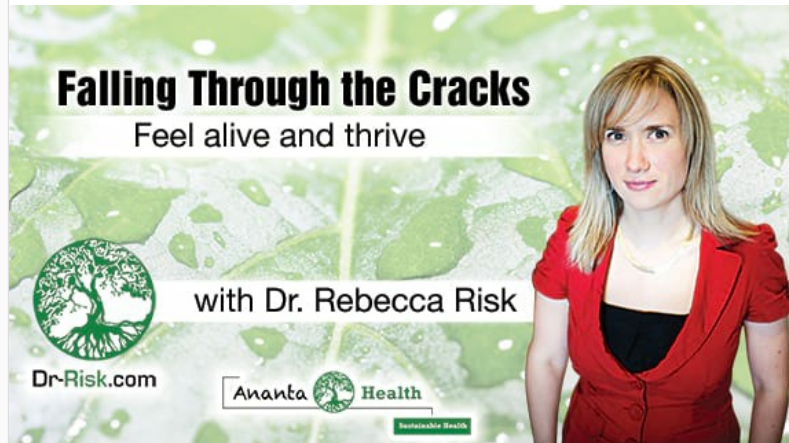


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HEALTH & WELLNESS



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**December 24th 2018: Health Goals with Gillian Goerzen**

After fitness coaching for over 20 years, Gillian Goerzen found that most people set fitness goals and aren't able to follow through long term. In her book "The Elephant in the Gym," she walks the reader through steps and tips on how to find a program that works for you and fits into your lifestyle, instead of bending your life to fit a program. This is a great start for anyone trying to set fitness goals for the new year!

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#### Featured Guest



#### Gillian Goerzen

Gillian Goerzen has over 20 years of health coaching experience and is one of BCRPA's Fitness Leaders of the Year. Her personalized lifestyle strategies help clients redefine what fitness means to them.

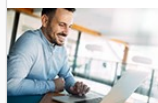
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