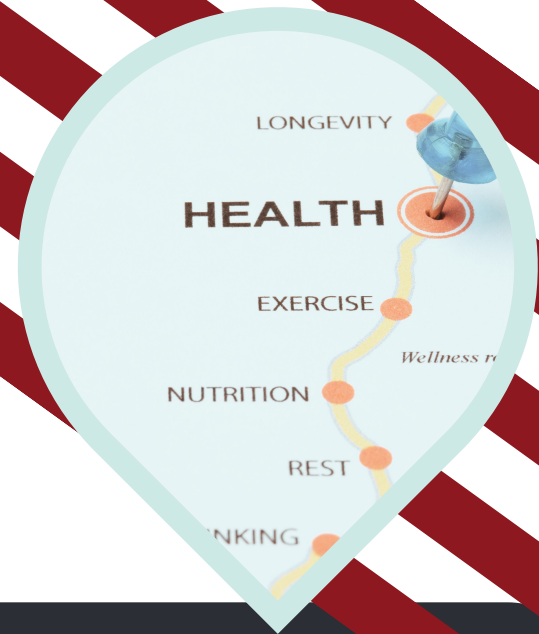


RA

WELLNESS COMMITTEE

LUNCH & LEARN



SEPTEMBER 14TH | 12PM-1PM

CORP OFFICE & VIRTUAL MEETING VIA MICROSOFT TEAMS

PRESENTER: JAMES THOMPSON

<https://www.evolvewithjt.com>



TOPICS COVERED



NUTRITION



STRESS MANAGEMENT



WEIGHT LOSS

INFO & PRIZES | IT'S A WIN/WIN!

Participants who attended the lunch and learn will be entered into a drawing for a nutrition program designed by James Thompson. The winner(s) will receive a custom nutrition plan, workout recommendations, and a 10 minute consultation that is specifically designed for their individual goals. Goal examples include: build lean muscles, weight loss, improve overall health, or learn nutrition benefits.

- ✓ PLEASE SIGN UP IN ADVANCE
- ✓ SITES: INCLUDE ALL TEAM MEMBERS ATTENDING
- ✓ SHARE NAMES OF PARTICIPANTS IN MICROSOFT TEAMS CHATBOX IF YOU ARE SHARING ONE ID

AWARDS RECEIVED

- Best Weight Loss Program 2021 - The News Herald Best of Bay Awards
- Best Personal Trainer 2021 - Panama City Living Magazine
- Best Weight Loss Program 2020 - The News Herald Best of Bay Awards
- Best Personal Trainer 2020 - Panama City Living Magazine
- Best Gym/Fitness Center 2020 - Panama City Living Magazine
- Best Gym/Fitness Center 2019 - The News Herald Best of Bay Awards
- Best Weight Loss Program 2019 - The News Herald Best of Bay Awards
- Best Weight Loss Program 2018 - The News Herald Best of Bay Awards
- 2nd Place - Gym / Fitness Center 2018 - The News Herald Best of Bay Awards
- Reader's Choice Winner 2018 - Panama City Living Magazine
- Reader's Choice Winner 2017 - Panama City Living Magazine
- Best Personal Trainer in Bay County 2017 - Panama City Living Magazine
- Gym/ Fitness Center Honorable Mention 2017 - The News Herald Best of Bay Awards

PLEASE SIGN UP BY EMAILING US: EVENTS@ROYALAMERICAN.COM

INCLUDE WELLNESS LUNCH & LEARN WITH JT IN THE SUBJECT LINE AND NUMBER OF PEOPLE FROM YOUR PROPERTY ATTENDING.

REMOTE PROPERTIES WILL BE ABLE TO SIGN IN VIA MICROSOFT TEAMS.