

# **VERITAS Wellness Workshop**

## **The Importance of Exercise for ALL AGES**

Bethany Emmel BSN, RN

Guest Speaker Nicole Harrison CPT

**August 9, 2023, 3-3:45pm**

89 Lewis Bay Rd Suite 4 Hyannis MA 02601

FREE to VERITAS Members

Limited Space Available

Please call 508-418-6600 to reserve your spot

Join our very first Veritas Wellness Workshop! VERITAS Nurse Bethany Emmel and Guest Speaker Nicole Harrison work together to present a Wellness Workshop on the importance of exercise for all ages. Nicole Harrison is a Certified Personal Trainer with valuable insights and tips to incorporate a home exercise routine. She has earned her Master's Degree in Strength and Conditioning, Bachelor's in Exercise Science, and is an OPEX certified coach, 500 Hour Registered Yoga Teacher, and 85 Hour Registered Prenatal Yoga Teacher

