

THE MINDSET AND BODY OF A CHAMPION

Presented by: **Warwick Bashford-Wimbledon**
International Tennis coach and
Debbie Stevenson-National Health and Wellness
coach

For your Champion mindset, learn how to...

- Believe in yourself and accomplish your dreams on the court
- Determine **your** success factor and be a tennis champion in every other arena
- Use a mental toughness formula that is proven to be a champion



For your Champion body, learn how to...



- Optimize performance and recovery while protecting your health
- Nourish your body before, during, and after training
- Hydrate, rest & avoid overtraining

Wednesday, February 26, 6:30pm-8:30pm

**Place: Hacienda Colorado,
4100 E. Mexico, Denver 80222**

ONLY \$37 per person!

**BONUS Photo
Opportunity
with Warwick!**

*Register TODAY at www.warwickbashford.com/champions
Limited to 40 people! For more information, call 303-332-4059*