



Shine

SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**



Sweat In 30!



Lunch &
Learn



Register in
Advance

ShineHHS.ca

An efficient and effective workout doesn't have to cost you hours at the gym. Let Morgan Kate show you with the right intention and the right focus. How a well-planned 30 minute workout can crush results, build strength and move you closer to your fitness goals.

Please also remember to bring your own mat (if you have one) and water to class, and wear comfy clothes!

FREE SNACKS WILL BE PROVIDED and ALL ATTENDEES WILL BE ENTERED TO WIN A PRIZE!

Mark Your Calendar!

Thurs Jan 3	MUMC	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM MUMC 3E26
Mon Jan 7	KW	12:15 PM – 12:45 PM Room 21-006/07
Tues Jan 8	HGH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM Marg Charters
Wed Jan 9	SPH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM North Conference Room
Thurs Jan 10	JHCC	12:15 PM – 12:45 PM JH-4 Aud
Fri Jan 11	WLMH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM Conf Room A& B
Wed Jan 23	PHRI	12:00 – 12:30PM Auditorium

REGISTER TODAY!

Register to attend :
shinehhs.ca

Questions?
cummingsme@hhsc.ca



EVENT BROUGHT TO YOU BY
Morgan Kate
Morgan Kate Fitness

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morgankatefitness.com

Morgan Kate is a Transformation Expert specializing in Body and Personal Transformations. With over 10 years of experience as a Personal Trainer she has helped hundreds of women overcome their fitness challenges and transform into the powerful, confident women they have always been meant to be. She believes fitness should be a tool to compliment our lives. A tool that enhances our day to day, so we can spend more time enjoying the lives we are passionate about living.