



PRESENTS

Mental Performance Training Series

Unlock Your Full Potential Today



May 13 - Mindset and Mental Toughness

May 27 - Energy Management

June 10 - Mindfulness

June 24 - Visualization

July 01 - Tactical Mindfulness

All Classes are from 6:45-8:00 PM CST

In-Person or Virtual Options Available.

Location: BodyDesign Strength and Wellness Center

Register at



615-430-3118
2406 Hwy 45 N Suite C
Columbus, MS 39705

mhood@mindfulperformanceconsulting.com

MIND • BODY • MISSION