



PRESENTS

# Mental Performance Training Series

Unlock Your Full Potential Today



April 15 – Mindset and Mental Toughness

May 6 – Energy Management

May 20 – Mindfulness

June 10 – Visualization

June 24 – Tactical Mindfulness

All Classes are from 6:45–8:00 PM CST

In-Person or Virtual Options Available

Location: BodyDesign Strength and Wellness Center

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Register at



615-430-3118

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