

Minky's Mom Dropped Dead on the Treadmill ...



WANTED: BLACK WOMEN who want to **STOP** a **LOVED-ONE** from having the **BIG-ONE!**

How? The 6 S's: Do you know a Stressed, Smokin', Sugar-coated, Sh*t-eatin', Sedentary Sister? My mom was 5 out of 6. Find out the 'other' 6-easy steps to help your loved one start to exercise safely and effectively, to monitor/benefit their heart. Eat, drink & be happy to prevent Sudden Cardiac Death (SCD) & they'll get stronger & firmer muscles too. A humorous, yet informative 30-minute to 1-hour tale of how the bravery of moving and fear while being idle changes your body's shape inside & out. Limited time—NO FEE! CALL/E-MAIL TODAY! For someone you love!

Will speak to any female or minority audience*

- Small Fellowship/Church Groups
- Minority female groups
- Nursing /ancillary organizations
- Staff education for minority women
- Gyms serving minority communities

Is your loved one more apt to listen to you, me or no one?

When she's gone...you would've wished you at least tried.

*Adult nature & humor. Not intended for kids. The word sh*t is used several times . Not maliciously; but for clarity.



Contact Minky: (732) 620-2193
www.hotminky.com
minky@hotminky.com
Lori Radcliffe, RN, BS, CPT, CLM


'Jest' for Fitness & Food