



Spiritual Body Building:
Change Your Mind, Change Your Temple, Change Your Life

2014 TELESUMMIT

Celebrating **your body** through nutrition, fitness and stress management!

Week of April 28, 2014
www.resultsbyrenee.com

Host + Speaker Renee Wiggins
RD, LD, Certified Health and Wellness Coach




My Notes for Spiritual Body Building TeleSummit

Speaker: _____

Topic: _____

My Notes, Questions, Action Plan and Ideas
