

Healthy Tips for a Better Life

presented by Matt Willey

Historic Grooms Tavern Clifton Park First Friday June 3 @ 7 p.m.

Matt is an ACE personal trainer certified with extensive knowledge in nutrition and supplements for weight training, weight loss and energy. He will provide valuable tips on how easy it can be to lose weight, look better and increase your energy levels by a change in diet and a set of easy exercises.



Historic Grooms Tavern is located at the corner of Grooms and Sugarhill roads in Clifton Park.
Parking is off of Grooms Road to the rear. Please enter the building from the rear entrance.

Sponsored by the Town of Clifton Park.

For more information, please call the Office of Parks, Recreation and Community Affairs at 371-6667.
For a full schedule of events please visit <http://www.cliftonpark.org/townhall/groomstavern.asp>

