



**THOSE WHO
EAT TOGETHER
THRIVE TOGETHER!**



**EAT
LUNCH
WITH
THE
BEST
LIFE
MOVEMENT!**

**WEDNESDAY, AUGUST 8
12 TO 1 P.M.
THE FRONTIER AT RTP**

**DESSERT IS ON US!
BRING LUNCH OR EAT
FROM THE FOOD TRUCKS!**

ALREADY PLANNING ON EATING LUNCH?

Get up from your desk and eat lunch with us! There's no need to eat alone. This month's Best Life Movement workshop is a little different. We value relationships, so let's take a break from structured learning and instead eat together! Enjoy the company of our peak-performance coaches - ask them questions thriving in work and life. Meet other people who desire to live their best lives and help others do the same. Can't wait to see you there!

REGISTER HERE: www.bit.ly/letseatlunch