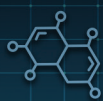


JBPHH Fitness

MISSION NUTRITION

This one-day class will teach you the basics of macro and micronutrients, protein needs, and cellular function. These tools, combined with exercise, can help you reach your goals!

To register or for more information, call **808-471-2022** or **808-449-6573**.



PROTEIN



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