

AGENDA

Better Box Seminar

August 11, 2012

9:00AM-6:00PM

Meeting Hosted by Juan Bacca and Greg Sheppard

Sponsors Include: At Large Nutrition and Rogue Fitness

8:30 AM

Check In

9:00 AM – 11:30 AM

**Chris Cooper, Owner CrossFit Catalyst,
dontbuyads.com and 321GoProject.com**

11:30 AM – 12:15 PM

**Lunch Break
Paleo Lunch provided by Eat Clean RX**

12:15PM – 3:00PM

Forrest Walden, owner of Iron Tribe Fitness

3:00 PM – 5:30PM

Ben Bergeron, owner of CrossFit New England

5:3PM – 6:00PM

Wrap Up

***Additional Notes for attendees: Please bring notebook, pen/pencil, your own beverages and snacks.**

***We will be holding several Raffles throughout the day with Prizes from our sponsors At Large Nutrition and Rogue Fitness.**

Thank you,

Greg Sheppard (407) 350-7930 and Juan Bacca (954) 336-4302