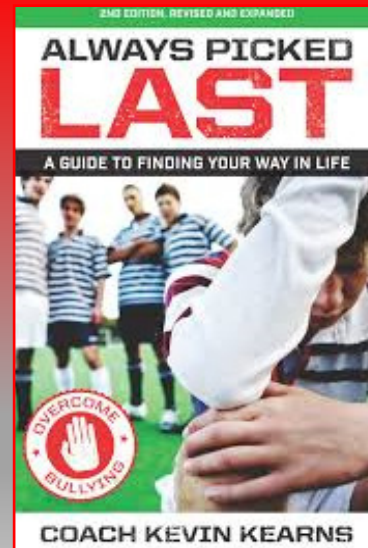


Burn with Kearns—at St. Philip Family Night!



Boston-based Kevin Kearns is one of the premier strength and conditioning experts in the U.S.—as well as author of *Always Picked Last*, an inspiring book highlighting the problem of bullying and the ability of all children to overcome such difficulties.

UFC Fit Magazine named Coach Kearns as one of the top MMA Strength & Conditioning Coaches in the world and IDEA Health & Fitness Association recognized him as an all star presenter at their 2013 World Fitness Convention. Coach Kearns also developed the first MMA Fitness Training DVD series adapted for mainstream audiences and created an MMA Fitness Trainer Certification Program for instructors.



Be sure to put this St. Philip Family Night on your calendar! Coach Kearns will discuss his book, share his passion for fitness and engage us all in some fun activities.

**Friday, 9/22 (6 to 8 p.m.)
@ St. Philip Greek Orthodox Church
500 W. Hollis Street, Nashua, NH**

RSVP by 9/20: abchetsas@hotmail.com | Dinner will be provided, but please bring a drink or dessert.