



InsightSolutions

Connect | Learn | Evolve

Nutrition, Fitness, Quality Time & more...

Strategies you can implement now!

DadFit Retreat

\$49

Sat. Nov. 10th

8:30am-1:30pm

at Defined Coffee, Huntersville

Healthy Lunch Included

Connect, Learn and Evolve in a strength-based environment, just for Dads



DETAILS

Ideal For Dads:

- Of any age
- Searching for actionable strategies and insights

Time:

- 11/10, 8:30am to 1:30pm
- Lunch included

Where:

- [Defined Coffee](#)
[8519 Gilead Road](#)
[Huntersville, NC](#)



AGENDA

- Connect with **Purpose**
- **Appreciate** the Past
- **Imagine** Excellence
- **Reflect** and **Take Action**

Topics will include **Nutrition**, **Fitness**, creating **Quality Time** and more!



OUTCOMES

- Identify and learn from your own strengths, as well as others'
- Come away with valuable insights, tips and strategies you can use immediately
- Spend time with a community of like minded dads committed to personal growth

Register and more information:

GetInsightSolutions.com/DadFit | (800) 484-6207 |  @GetInsightSolutions