



Massachusetts  
Black Women  
Attorneys

**MAY 21 @ 7PM**

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# ***MBWA PRESENTS: FITNESS AT HOME***

Led by Certified Personal  
Trainer and Fitness  
Enthusiast **Hans Bastien**

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Co-sponsored by:



MASSACHUSETTS BLACK LAWYERS ASSOCIATION

Join us for  
a virtual  
training  
session,  
lifestyle  
tips, and a  
question  
and  
answer  
session  
with our  
fitness  
expert!

# PHYSICAL HEALTH MATTERS!

REGISTER AT THE ZOOM LINK BY MAY 20

This workout session is designed to accommodate a general fitness level with options to increase the intensity of the workout, if desired. A workout mat and resistant bands are suggested however not required! Remember to invite your quarantine partners!



## TRAINER HANS BASTIEN

CERTIFIED  
PERSONAL TRAINER HANS  
BASTIEN IS PASSIONATE  
ABOUT HELPING BUSY  
PROFESSIONALS  
CREATE SUSTAINABLE  
HABITS AND BEHAVIORS  
THAT WILL MAKE HEALTH  
AND WELLNESS A  
CENTRAL PART OF THEIR  
LIFESTYLE.