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# BETTER LIFE TRAINING

Personal LifeStyle Coaching  
for Women, Men & Kids

**704-752-8101**

[www.betterlifetraining.com](http://www.betterlifetraining.com)



Mike & Patty Hartman

- Mike is a 16 year professional athlete & has worked with US Women's Olympic Hockey Team
- Patty is a certified personal trainer & is 100% committed to helping women achieve their goals

# FREE COACHING

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