Learn the facts about losing weight: Why most conventional diets fail and what to do about it.

Instructor: Patty Durell, Founder and CEO, Rock Solid Fitness (Dunedin, Florida)

Register through the Employee Learning Center at www.princeton.edu/training

**Patty Durell**, LPTA, CCS, is an exercise and self-care coach who is extremely passionate about empowering and challenging people to be their best. She is also the Founder and CEO of Rock Solid Fitness, a thriving personal-training studio in Dunedin, Florida. Patty is a Master Level Personal Trainer, Certified Conditioning Specialist and Licensed Physical Therapist Assistant.