EMILY DAVIS

Beyond the Scale:

Understanding Metabolic Health

by Emily Davis

Certified Athletic and Personal Trainer
Metabolic Health Coach

Learn to set meaningful goals, build healthy habits, and create lasting lifestyle changes

Are you ready to feel your best at every age? Join Emily Davis for an engaging and empowering presentation on metabolic health and how nutrition, exercise, sleep, and daily habits can support your health as you age. Learn why health is about more than the number on the scale, what your body composition can tell you, and simple steps you can take to boost your wellness and support long-term health. Discover how small, consistent changes can make a big difference!

Emily Davis has 25 years of experience helping people improve their strength, mobility, and overall health. In 2025, Emily started her own business, **PositivEmily**, where she focuses on personal training, nutrition education, and metabolic health coaching. Her mission is to empower people with the knowledge, tools, and confidence they need to take charge of their health and feel their best at every stage of life.

Emily believes that better health isn't about quick fixes or perfection. It's about understanding your body, making small, meaningful changes, and building habits that last a lifetime.

Wednesday, January 13, 2027

6:15 P.M. NETWORKING | 6:30 P.M. MEETING / PROGRAM

VIA ZOOM ONLY / NO CHARGE / GUESTS WELCOME

PLEASE REGISTER AT WWW.NOVI-ABWA.ORG/EVENTS

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. WWW.ABWA.ORG.
QUESTIONS? E-MAIL PRESIDENT MARCIA GREEN AT NOVIOAKSABWA@GMAIL.COM

Novi Oaks Charter Chapter
and Greater Oakland Charter Chapter
of the American Business Women's Association