

***14-Minute Metabolic Workouts* Book Launch**

“Can you really get fit in just 14 minutes? You bet your biceps and buttocks you can, if you focus and do it right.”

– DR. JASON KARP

**Café La Rue @ La Valencia Hotel | La Jolla, CA
June 27, 2017, 6:30-9:00 pm**

Walk the red carpet and enjoy an elegant evening with the author to celebrate the release of *14-Minute Metabolic Workouts*.

The first 20 guests receive a complimentary autographed book.

Additional books may be purchased at the event, with 10% of sales donated to charity in memory of the author’s parents.

