

LIBRARY SPEAKER SERIES



HANNAH HUSSEIN
PRO BODYBUILDER
AND
JAKE SALISBURY
BODYBUILDING COACH

TUESDAY, NOVEMBER 19
2-3 P.M. | ACC LIBRARY
A-BUILDING, SECOND FLOOR

Hannah Hussein, pro bodybuilder, and Jake Salisbury, bodybuilding coach, share their firsthand experience and life lessons gleaned from the U.S. competitive bodybuilding scene. From early historical foundations to current trends and challenges, the sport of bodybuilding has evolved and grown—especially for women. Providing insight and wisdom they learned early on, they offer five key lessons that can help anyone find a path to success through the mind, body, and heart for both current and aspiring bodybuilders.

MORE INFORMATION

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ALVIN COMMUNITY COLLEGE

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