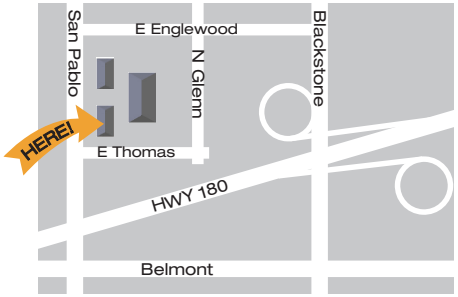
SIT & BE FIT

Kick-off

Join us for the **Sit & Be Fit** kick-off and learn to get fit!

- Low impact exercise
- Wellness resources
- Nutrition experts
- Blood pressure screenings
- Live music & refreshments



Thursday

Dec.6, 2018

9:30am to 11am

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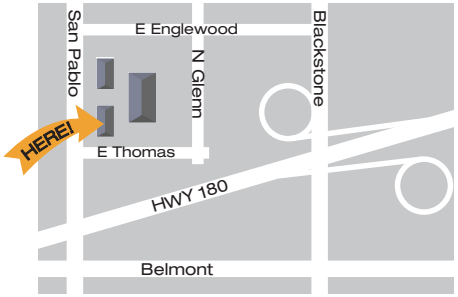

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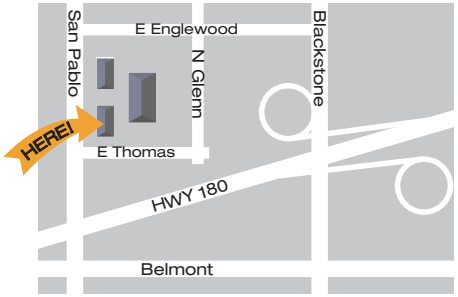

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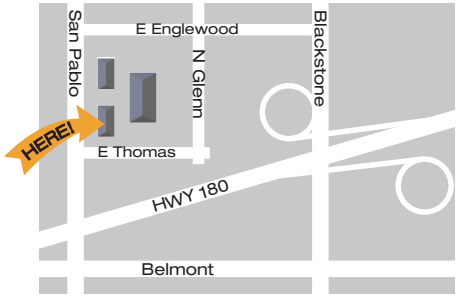

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