



Kick-off

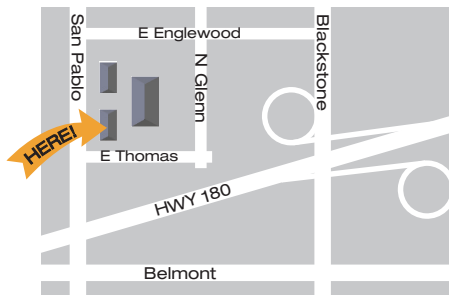
Kick-off

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

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

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Thursday
Dec. 6, 2018
9:30am to 11am

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Kick-off

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Únete a nosotros
y aprende a tener
un cuerpo sano.

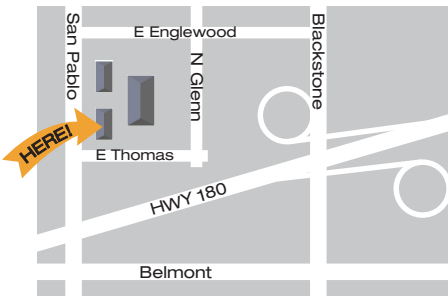
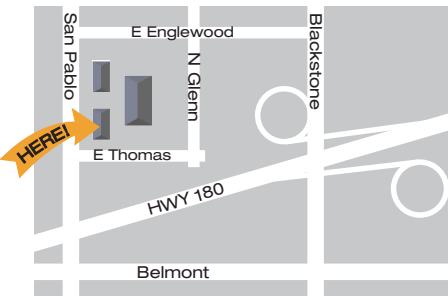
Únete a nosotros
y aprende a tener
un cuerpo sano.

- Aprender ejercicios de bajo impacto
- Recursos de bienestar
- Expertos en nutrición
- Pruebas de presión arterial
- Musica y refrescos

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