

# Wellness SEMINARS



## MAKING IT COUNT



**MAKING IT COUNT**  
**MARCH 19 | 6:30 PM**

**CHOICE COMMUNITY ROOM**  
**FREE TO MEMBERS! (\$5/NON-MEMBERS)**

This seminar will concentrate on movement patterns and nutrition which will assist you with your fitness goals and help you create healthy routines and habits.

REGISTER AT THE FRONT DESK (PRE-REGISTRATION REQUIRED).

 **CHOICE** HEALTH  
& FITNESS