

# Wellness SEMINARS



## EXERCISE IS MEDICINE



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**APRIL 16 | 6:30 PM**

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

Did you know that regular exercise can help decrease your healthcare cost, increase your productivity, and bolster your quality of life. Come join our exercise is medicine seminar and learn guidelines for activity and how small changes can have a large impact on your overall wellness!

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

 **CHOICE** HEALTH  
& FITNESS