

Wellness SEMINARS



MOVE FOR A PURPOSE



MOVE FOR A PURPOSE
JUNE 18 | 6:30 PM

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

Movement is the foundation of healthier, higher quality life. This seminar will help you explore what different components of movement you can improve or focus on to prevent pain and continue moving as long as you can.

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

 **CHOICE** HEALTH
& FITNESS