



National Women's Health & Fitness Day

Wednesday, September 26, 2018

- Kathy Packard MS, M. Ed, will present on Nutrition and Physical Activity: Aging Well. On Tuesday (9/25) at 1:00 pm.
- Malinda Zarate will focus on "Women's Fitness & Joyful Movement" at NIA (9:45 am).

- Join Alice Crawley, PT, at 5:30 pm for a relaxing treat after a gentle yoga flow.
- Raffle Drawing for 1 Free Personal Training Session