

Project Get Active

Join us March 9th for a day

FITNESS and FUN!!!!

Cooking
Demonstration

12 noon – 12:30pm

Food and
Drinks
Provided

Sponsored by The Brookland Foundation

Health and Wellness Program

www.brooklandfoundation.org



Lexington Mobile
Mammography Unit

On-site from 8:00 – 4:00pm.

Please pre-register for your
free Mammogram

with Donna Thomas at

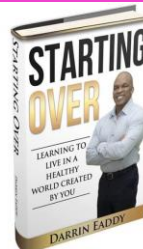
803-348-4020.



Zumba with Peaches
8:30 – 9:30



Zumba with LaCrisha
9:45 – 10:45



"Its Not How
You Start But
How You
Finish"

Coach D Style

Darrin Eaddy

Strength training 11:00 – 11:45