

Project Get Active

5 Months to Fitness

Starting January 14, 2019



Prizes awarded for participation



For more information visit brooklandfoundation.org or call 803-744-7914



*Sponsored by Brookland Foundation's
Health and Wellness Program*

Zumba Mondays – 5:45pm

Drew Wellness Center

WORK-IT-OUT Wednesdays – 7:00pm

Brookland Health and Wellness Center Track

Mall Walk Thursdays – 6:00pm

Dutch Square Mall

Free Fitness Fair & zumbathon[®]
MAKE EVERY MOVE COUNT



March 9, 2019 – 10am

Brookland Health and Wellness Center

Fitness vendors and mammograms screening