

Join us as we kick-off the...



COUNTYWIDE FITNESS CHALLENGE 2013

Grand Park, Performance Lawn

May 21, 2013

11:00 a.m. – 2:00 p.m.



GRAND PARK

ACTIVITIES

- Health screenings for blood pressure, BMI, carotid artery, cholesterol, glucose, and lung function
- Exercise sessions – Boot Camp, Kick Boxing, Pilates, Yoga, and Zumba
- Jump Rope and Hula Hoop Contests
- Message Therapy
- Prize Drawings and Giveaways

Dance along with
Allison Holker and Stephen "tWitch" Boss from...



Diabetes Prevention and
Control Alliance
Media Event

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ME**

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RSVP now to secure your giveaway at:
<http://www.surveymonkey.com/s/GrandPark2013>