



Attention All Golfers

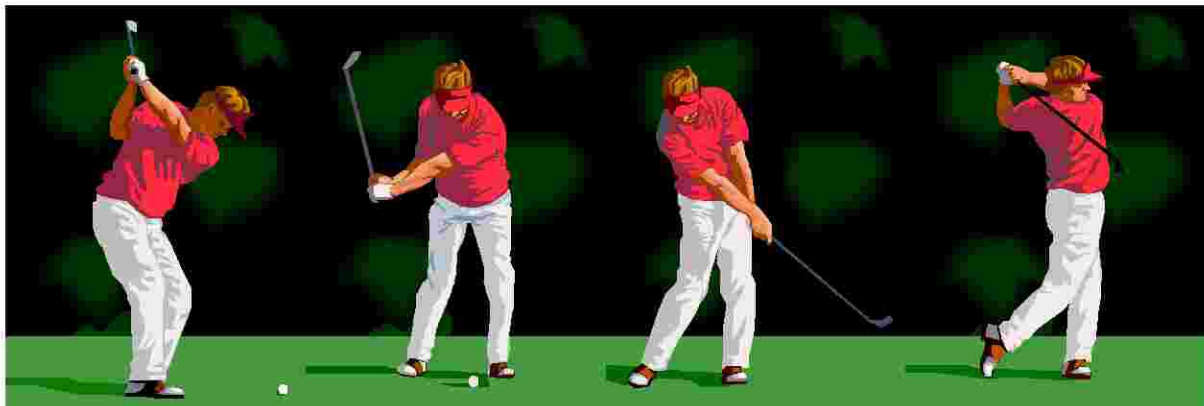
The Center for Health and Wellness is offering an off-season training program tailored just for you! Come join us for a 6-week training program. We are here to help you improve your strength, power, stamina and flexibility.

- Specialized Cardiovascular and Strength Training
- Hour long training sessions
- Improved flexibility
- Reduce injuries and improve your endurance

Where: The Center for Health and Wellness

**When: January 5-February 11
Tuesdays & Thursdays**

Price: \$240.00



For more information contact
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