

SUMMER FUN

at

The Center for Health + Wellness

TEEN FIT

June 22-August 12

Teen Fit is a summer program that allows teens between the ages of 13-15 a chance to use the wellness center under the supervision of a fitness specialist. Teen Fit meets from 1-2 on Monday and Wednesday. During the one hour session participants will learn the basics of exercise and how to use most of the weight and cardio equipment.

Members—\$40 Non-members—\$50

SPEED CAMP

June 15-25

Speed Camp is a program designed for teens between the ages of 13-17 to learn techniques to improve their speed and quickness.

Members—\$40 Non-members—\$50

POWER CAMP

July 13-23

Power Camp is a program designed for teens between the ages of 13-17 to learn how to lift properly while building strength and muscle.

Members—\$40 Non-members—\$50

Sign up for both Speed and Power camp and save!

Members—\$70

Non-members—\$90



For more information please contact
Eric Autry or Lance Hall at
(910) 596-5400 or
register at the Front Desk.

The Center for Health+Wellness

2009 Summer Series

SUPPER Club

Join us for practical and healthy cooking tips.
Food will be prepared and eaten! Please call 596-5400 to sign up.
FREE at The Center for Health+Wellness

Thursday, 7 pm to 8 pm

- June 18, Healthy and Delicious Appetizers!
- July 16, Heart Healthy Foods!
- August 13, Desserts—Naughty but Nice!

What's NEW?

N—Nutrition! E—Exercise! W—Weight management
Adjust to a healthier lifestyle & healthy living tips.
Food will be prepared and eaten! Please call 596-5400 to sign up.
FREE at The Center for Health+Wellness

Wednesday, 12:15 pm to 1:00 pm

- June 24, N—Nutrition!
- July 22, E—Exercise!
- August 19, W—Weight management!

FREE Health Screenings

**Blood pressure, cholesterol, glucose,
weight and body fat percentage!**
Bring a friend! These screenings are free to the public.
Free at The Center for Health + Wellness

Wednesday, 2 pm to 4 pm

- June 24
- July 22
- August 19