



2014 Walking In Our Community Series

FREE Monthly Walking Events throughout the Tri-County

Come Join Us

4th Annual Family Health & Fitness Day at ALIVE

800 W. Lawrence Ave, Charlotte

Saturday, September 27th from 9am—12n



- Games, crafts, bounce house, rock climbing wall, cooking demonstrations, strength & stability, cycling, chair massage, Zumba, Impressions 5 science demonstration, a sample of newest ALIVE program CrossFit, painting HARVEST and much more
- 9—9:30am — “Good Form Walking Clinic” by Playmakers
- 9:30am — 2 - Mile Walk by Community Partners in Health

For a complete list of activities and times, please visit www.myalive.com/familyhealthandfitnessday

Questions: Contact Patrick Sustrich 517-543-1050 x 5860 or cphlansing.com

