

FITNESS & EXERCISE **ONSITE WELLNESS EVENT**

INCLUDING:

- Certified Personal Trainers from the **Wellness Center**
- Marathon Training & running info with **US Road Sports**
- Postural Assessments & misalignments with **Dr. Centurion**
- Footwear tips for fitness with **Footworks Miami**
- Body Composition & Blood Pressure checks with **AvMed** (ID required)
- And Much More!

WHERE: SPCC Main Lobby

DATE: Wednesday September 16th

TIME: 10:00 am-2:00 pm

INFO: Contact the Wellness Center X5795

