

# ***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



Health plans with  
**your health**  
in mind.

**AvMED**  
HEALTH PLANS