

Fit F.I.T. into your schedule..



COMMUNITY MEDICAL CENTER
FALLS CITY, NEBRASKA

FITNESS IMPROVED TOGETHER

2010 PROGRAM FOCUS...
Healthy Lifestyles - Happy Living

Tuesday, July 27th – at Community Medical Center
Dr. Hong Cui, “To go or not to go... When to Visit Your Practitioner”

Tuesday, August 3rd – at the Falls City Aquatic Park
“The Impact of Water”

Tuesday, August 10th – at Community Medical Center
Melody Teten, Dietician & Kathy Bartek, RN “You are what you Eat”

Tuesday, August 17th – at the Falls City Fitness Center
“Exercise that Works for You”

Monday, August 23rd – at Falls City Library & Arts Center
Dr. Everett Madson, “The Eyes Have It”

All sessions begin at 6:00 p.m.

REGISTRATION

NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____

Registration Fee- \$15.00 SHIRT SIZE: ADULT: S M L XL XXL
MAKE CHECKS PAYABLE TO: Community Medical Center MAIL TO: PO Box 399, Falls City, NE 68355

SIGNATURE: _____ DATE: _____

FOR ADDITION INFORMAITON CONTACT COMMUNITY MEDICAL CENTER, FALLS CITY, 402-245-6704
lsanto@cmfc.org or go on line at www.cmfc.org

Healthy Refreshments Free Handouts Great Door Prizes

Exercise Your Potential ~ Everyone Welcome!