

September Wellness Events: Please join us!



Functional Fitness and Weight Loss Wellness Seminar

- ✓ **McCoart:** Cedar Run Conference Room, Tuesday, Sept. 25, Noon – 1 pm
- ✓ **Sudley North:** Bull Run Library, Conference Room A, Tuesday, Sept. 25, 2 – 3:00 pm
- ✓ **Ferlazzo:** Locust Shade Conference Room, Thursday, Sept. 27, 1:30 – 2:30 pm
- ✓ **Ridgewood – 4379:** Real Estate Assessment Conf. Room, Thursday, Sept. 27, 11:45 am – 12:45 pm

Walk-ins are great, but it helps us plan if you can sign up in advance in PWC University!

Get Active Bar – know the difference between muscle and fat

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Yoga/Meditation Fitness Classes (bring your own mat)

- ✓ **McCoart:** Wednesdays, Sept, 5, 12, 19, 26, Noon – 1 pm
- ✓ **Ridgewood – 4379:** Real Estate Assessment Conf. Room, Wed., Sept.5, 12, 19, 26, Noon- 1 p.m.
- ✓ **Ferlazzo:** Gymnasium, **Cancelled for Sept.;** gym being refinished. **Back in October!**
- ✓ **Sudley North:** **Coming Soon!**

Save the Date:

- ✓ Health & Wellness Fair Coming Oct. 24th- McCoart Plaza- 8 a.m. – 2:00 p.m.
- ✓ More details to come