

WELLNESS SYMPOSIUM

Fit for the Fight

A Health & Wellness Event for Emergency and Public Safety Personnel

You care for others every day. Take time to care for yourself.

Free Event

Sunday, November 12 | 1-3 p.m.

Kettering Recreation Complex | 2900 Glengarry Drive



Featured Activities Include:

- Healthy cooking demonstration & tasting
- Group exercise classes
- Fitness challenges
- Health & wellness fair activities
- Tips from the experts: Presentations and panel discussions

REGISTER TODAY!
fitforthefight.eventinterface.com
(937) 558-3988



 **KETTERING**
Health Network™

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