

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



COMMUNITY MEDICAL CENTER
FALLS CITY, NEBRASKA

FITNESS IMPROVED TOGETHER

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
MAKE CHECKS PAYABLE TO: Community Medical Center

SHIRT SIZE: ADULT: S M L XL XXL
MAIL TO: PO Box 399, Falls City, NE 68355

SIGNATURE: _____ DATE: _____

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

Healthy Refreshments

Free Handouts

Great Door Prizes