

Project Get Fit

**1st session begins January
2, 2012**

6 Week Nutrition and Fitness Program at:

Trend Wellness Home

Lowtree Wellness Home

Desert View Wellness Home

Mariposa Wellness Home

Piute Wellness Home

Program features:
Circuit Training, including Kinect Game Activities
Nutritional Classes
Tracking and Monitoring Weight Loss

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Sign up now!
Space is limited

Funded by Kaiser Permanente

For more information:

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Wellness Home

AVPH

Antelope Valley Partners for Health

Community Collaborative Promoting Health and Wellness