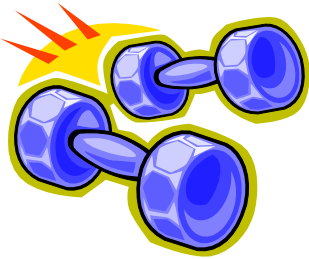


Fall Health & Fitness Extravaganza



Deep River Recreation Center
1529 Skeet Club Road, High Point, NC 27265
(336) 883-3407 • www.high-point.net/pr
High Point Parks & Recreation

Saturday, October 9, 2010
11:00am - 4:00pm

Wondering how you will stay on track with your diet and fitness plan during the holidays? Join us for our first annual fall health extravaganza. We will have organizations here to answer questions regarding holiday menus, exercise tips and more. There will be demonstrations of different types of exercise and fitness classes. We will have door prizes and free give-a-ways!



Pre-registration is encouraged, but you may also register at the door.

Registration is free, however; please bring items that will be given to our veterans at the Bill Heffner VA Medical Center located in Salisbury, NC. Please contact the Center for a full list of items needed.

Interested Vendors, please call the Center for information.

Fall Health & Fitness Extravaganza - 2010

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Phone: _____

How did you hear about this program? _____