

exercise is strong medicine

Healthy Starts to the Day: Good Habits for a Great Day!

Tuesday, October 20th at 12:00 PM
Minges Wellness Center, Studio A

We have all heard the expression that the early bird gets the worm. When you start your morning off with good habits, you are setting yourself up for success all day long! Join Graham as he discusses smart and efficient ways to begin your day, and different ideas of how they could fit into your daily routine.



Graham Brown,
exercise specialist

**Tuesday
October 20th
12:00 Noon
Minges Wellness Center
Studio A**

Free to the public!*

**All non-members must fill out
exercise waiver prior to participating.*



Please plan to stay immediately after the presentation for our new Silver & Fit Social Get Together in the Minges Wellness Center and enjoy refreshments after the presentation!

www.lenoirmemorial.org