

MERIDIAN
HEALTH Services

CITY FIT

A JOURNEY THROUGH FITNESS



GLEN MILLER GOLF COURSE
RICHMOND, IN

SATURDAY, JUNE 1
9am-1pm

TOGETHER IS BETTER! JOIN MERIDIAN HEALTH SERVICES
ON YOUR JOURNEY TO BETTER HEALTH.

8-8:45 am	Color Run/Walk Registration
9 am	Color Run/Walk Begins
10 am	Yoga w/Journey Yoga
10:30 am	Rare Breed Fitness Bounce Aerobics
11 am	Y-Fit w/ Richmond Family YMCA
11:30 am	Core de Force w/ Richmond YMCA
Noon	Zumba w/ Richmond Family YMCA
12:30 pm	Meditation by Heartfulness Meditation

- Free color run
- Fitness Zone brought to you by Reid Health— Including free fitness classes
- Free health screenings by MeridianMD
- Kid's Zone--Bounce houses and other activities!
- Nutritional cooking classes brought to you by 4-H Healthy Habits and the Purdue Extension
- Martial Arts demo by Kuk Sool Won
- Food for purchase provided by Fechers' Panache
- Over 35 vendor booths
- Free bottled water



MeridianHS.org
For more information:
765-935-5390
#MHCITYFIT



www.StudebakerAutos.com

Meridian Health Services Richmond/Connersville

