



FIRSTLIGHT COMMUNITY WELLNESS CENTER

Join us for the next **WALK AND TALK!**

Topic: Exercise and Diabetes
Date: Wednesday, August 21st
Location: 2nd floor walking track
Fitness and Community Room
Walk Time: 9:30am
Talk Time: 10:00am
Presenter: Carly Gahler, Diabetes Nurse Educator

Those that attend will receive a FREE giveaway!
Members are encouraged to bring a guest.

@FirstLightWellnessCntr