

The Mercer Health Weight Management Center invites you
to our *FREE*, special program:

Fitness Demonstrations

Monday, March 14, 2016 at 6:00pm

**Presented by Kelly Lefeld, Certified Zumba Instructor,
Fitness Instructor with Be Well. Be Fit.**

at Mercer Health Weight Management Center
830 W. Main St., Coldwater, OH

Registration is required.

For more information about the program or to register, please call 419-678-8446.

Have you heard of Pound or Zumba classes but have been hesitant to try it? This is the perfect opportunity to experience and view some of the new exercise classes available in our area! Join Kelly Lefeld as she discusses and demonstrates current fitness classes available. Participation is optional!



Mercer Health

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