

2019

# HEALTH & WELLNESS FAIR



NELSON FITNESS CENTER  
10am-1pm

# JAN 12TH

The 2019 Health and Wellness Fair will be a grand event filled with opportunities for patrons to come out and gather information to improve their health and overall wellness. The event will feature both informative and interactive booths organized by health professionals and supporting DFMWR organizations. Most of all this a great event for service members, their families, and the surrounding Fort Gordon community to come out for a fun experience.

GYMDOG FITNESS WILL BE HOSTING A ZUMBA CLASS

# 5k/10k

First 150 5k/10k fun run participants to register will receive a free event t-shirt.

[www.fortgordon.com/health-wellness-fair-2019](http://www.fortgordon.com/health-wellness-fair-2019)



FOR MORE INFORMATION:

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