



Join us for a
FREE
COMMUNITY
Lifestyle & Fitness Event!

MOVE. NOURISH. LIVE WELL.

FIRST UP!



Dr. Amanda Manly

will speak on

HEALTH & NUTRITION

for the first **10-15 MINUTES**

before we begin!



DATE
Sunday,
JUNE 28

TIME
2:00
PM

LOCATION
Wildcat Nutrition & Fitness
620 Trail Dr.
Napoleon, OH

ENJOY A FUN & INSPIRING AFTERNOON!

MAX
Fitness Class

REBUILD
Shakes

HEALTHY
Snack & Shake
Ideas

Q&A
with Fitness &
Nutrition Coaches

All are welcome!
No matter your fitness level
or experience,
this event is for **YOU!**



DON'T FORGET!
Bring your workout gear,
a water bottle, and
your *positive energy!*

