



Together To Build A Healthy Community

Fitness & Wellness Health Promoter Training
Thursday, March 26th, 2015
401 Hungerford Drive, Tan Conference Room
Rockville, MD 20850
6:00pm-8:00pm

AGENDA

- ❖ Welcome & Dinner (20 min)
- ❖ Fitness & Wellness Presentation and Interactive Exercise Demo (60 min)
 - Presented by Sarah McKechnie from Holy Cross Hospital
- ❖ Handouts (10 min)
 - Senior Fit Locations
 - Community Fitness Calendar
 - CDC Fitness
- ❖ Q & A (5 min)
- ❖ Wrap-up