

What Motivates You?

FREE Stress-less goody bag!

Wednesday Dec. 4th

Jacobs: 11am-12pm and
5:30pm-6:30pm

Cassell: 7:00pm-8:00pm



Take a few minutes
to tell us what
motivates you to
workout and you will
receive a **stress-less**
goody bag!

*** Wellness Wednesday Event***

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