



HEALTH & FITNESS FAIR

January 25, 2010

Monday 4pm-7pm

Thorbeckes FitLife Center in Chehalis



COME ON!

This FREE community event is presented by Thorbeckes FitLife Centers & is Lewis County's premiere health fair!

Informative, educational & fun for the whole family.

Learn it!

Medical & Dental Insurance, Health Education Lifestyle Planning (H.E.L.P.), Antioxidant Screening, Early Childhood Education & Readiness Skill Assessments, Sports Physical Therapy, Diabetes Screening, Mental Health, Spa & Beauty, Gluten-Free Diets, Childhood Obesity, Organic Farming, Mobility & Health Healing, Women's Health, Childhood Health, and much more!

Try It!

- Climbing Wall
- Demo Group Fitness Classes
- Chair Massage
- & More!

Taste It!

Local Flavors (*Organic Samplings*)
Blue Earth Farms (*Kid's Interactive Kitchen*)

BLOCKFEST FOR KIDS

"Fit for School, Mind & Body"

For Children 8 mos. to 8 yrs.

provided by:
Lewis County Early Learning Coalition

Scavenger Hunt!
Have Fun & Win Prizes!

Don't miss this incredible community event!

Enjoy Health! Exercise!

Partnering With Us . . .

- Actual Wellness - Nutrition
- Ankle & Foot Surgical Assoc.
- Blue Earth Farms
- Brianna Haller, LMP
- Celiac/Gluten Free Diet
- Centralia General Agencies
- CHOICE Network
- Family Vision Care
- Full Circle Bikes
- Heals & Toes - Reflexology
- J.U.M.P. Program
- Langel Chiropractic
- Lewis County Eye on Early Learning
- Lewis County Healthy Families Coalition
- Lewis County Literacy Council
- Lewis County Social Services
- Local Flavors Market & Deli
- Math Lessons
- Northwest Pediatrics
- NuSkin/Galvanic Spa
- Pacific Gymnastics
- Parent to Parent
- Pope's Kids Place
- Puget Sound Blood Bank
- Providence Hospital
- Providence Physical Therapy
- Relay For Life
- SilverSneakers™
- Skintopia
- Sports Training Center
- Sterling Health Plans
- Tennis at Thorbeckes
- Valley View Medical Center
- Washington Orthopaedics
- Youth Programming/Thorbeckes