

# CHOOSE WELL

*faith ★ food ★ fitness*

**“Choose Well”** is a free program that promotes a healthy lifestyle.

## **Orientation Meeting at PCC:**

Tuesday, January 10 from 7 - 8 p.m.

## **Wellness Lectures at PCC by:**

Dr. Damon Tanton from Celebration Health  
January 11 & 18 at 7 p.m.

## **Exercise and Nutritional Classes by:**

PCC member, Maddie Baez,  
Professional Fitness Instructor and Personal Trainer

## **Workout Days at PCC:**

Saturdays from 9:00 - 10:00 a.m.  
January 14 - February 25

## **What to Bring to Workout Days:**

5, 8, or 10 pound weights  
Bottle of Water and a Towel