

Do you speak C.O.W.?

SAVE THE DATE!

Learn to speak C.O.W.
(Components of Wellness)

Employee Wellness Fair

September 2, 2010

Jolliff Middle School

9:00 - 11:30 or 12:30 - 3:00

Guest Speakers
Ed & Heba
Winners
NBC's Biggest Loser

Guest Speakers
Health/Fitness Related Vendors
Fitness Demonstrations

