



CRESCENT CITY FARMERS' MARKET

Presents

A HEALTHY YOU

Health & Fitness Fair



Join us for a day of health awareness!

Location:

Crescent City Farmers Market
Summit Street & Central Avenue

Date:

Saturday, February 11, 2012

Time:

9:00 a.m. – 2:00 p.m.

For More Information:

386/698-2632

Bring your Family!



Tell your friends!



Putnam Family Fitness Center will provide Free Figure Analysis as well as:

ZUMBA Demonstrations

Silver Sneakers Classes

The Life South Community Blood Center Mobile unit will be there to take much need donations of blood.

Representatives will be present from **Hospice of the Nature Coast, Lakeside Family Practice/Island Doctors, Dr. Roger Lowe D.D.S., S.W.A.T , Lakewood Nursing Center and more!!**

Relay for Life Team *The Book Bums* will have information on Relay for Life, Cancer prevention tips and **free give-a-ways.**

Get your exercise walking around the Farmers Market while you check out the fresh produce, organically grown produce, plants, fruit and handmade crafts.

