



Healthy Mind & Body for 2018!

Presented By

Rachelle Frey, MA, PLPC

&

Certified Fitness Instructors

Ready, Set...FIT! Community Fitness Center

Monday, January 8th, 2018

12:00-1:00 p.m.

Warren County Health Department

101 Mockingbird Lane, Ste. 100, Warrenton

A healthy lunch will be served (\$5 donation is suggested)

😊 RSVP BY WEDNESDAY, January 3rd, 2018 😊

BY CALLING 636-456-7474 or

Email pprivett@warrencountymo.org