FIT CITY | TYLER

HEALTH & WELLNESS EXPO & Lighten Up East Texas KICKOFF EVENT

W.T. BROOKSHIRE CONFERENCE CENTER

SATURDAY, JAN 6TH · 10:00AM-2:00PM

2000 WEST FRONT STREET, TYLER TEXAS

FREE AND OPEN TO THE PUBLIC

NUTRITION

FITNESS

RESOURCES

PRIZES

One Step · One Bite · One Health-Conscious Decision at at time

fitcitytyler.com

FIT CITY | TYLER

SALUDE Y BIENESTAR EXPO

& Lighten Up East Texas KICKOFF EVENT

W.T. BROOKSHIRE CONFERENCE CENTER

SABADO, 6 DE ENERO · 10:00AM-2:00PM

2000 WEST FRONT STREET, TYLER TEXAS

GRATUITA Y ESTARÁ ABIERTA AL PÚBLICO

NUTRICIÓN

CONDICIÓN FÍSICA

RECURSOS

PREMIOS

Un Paso · Una Mordida · Una decision saludable cada dia

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