

FITCITY | TYLER

One Step · One Bite · One Health Conscious Decision at a time.

HEALTH & WELLNESS
EXP



**Lighten Up
East Texas**
Weight-Loss Challenge

FITTEST
2025
TYLERITES

W.T. BROOKSHIRE CONFERENCE CENTER

THURSDAY, JAN 16TH · 4:00 PM - 7:00 PM

2000 WEST FRONT STREET, TYLER TEXAS

FREE AND OPEN TO THE PUBLIC

**PRIZES +
FITNESS +
NUTRITION &
FREE RESOURCES**



ONE STEP · ONE BITE · ONE HEALTH CONSCIOUS DECISION AT A TIME.

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FITCITY | TYLER

Un paso · Un bocado · Una decisión consciente de salud a la vez

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CENTRO DE CONFERENCIAS W.T. BROOKSHIRE

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2000 WEST FRONT STREET, TYLER, TEXAS

GRATIS Y ABIERTO AL PÚBLICO

**PREMIOS +
EJERCICIO +
NUTRICIÓN Y
RECURSOS GRATUITOS**



UN PASO · UN BOCADO · UNA DECISIÓN CONSCIENTE DE SALUD A LA VEZ

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