

EVERYTHING YOU NEED TO ACHIEVE YOUR HEALTH GOALS IN 2026



HEALTH & WELLNESS **EXPO**

April 7th. 4pm-7pm
Tyler Rose Garden Center



Health
Guidance



Body Comp
Testing



Fitness



Nutrition



Health
Screenings

**FIT
CITY
TYLER**



Email: JoinFitCityTyler@gmail.com

903 - 535 - 0020

Free to public

Live Well. Learn More. Get Connected.

Discover local programs to support your health journey physically, mentally, and emotionally.

- Interactive Wellness Booths
- Nutrition Education
- Fitness Demos & Classes
- Planning Tips
- Local Health & Fitness Vendors
- Giveaways & Raffles

For More Info, Visit FitCityTyler.com