



## **FIT**CHURCH CHALLENGE

A 12 Week Fitness and Wellness Challenge

**SATURDAY, JANUARY 5, 2019**

1st Weigh-In and Group Workout

9:00 AM to 11:30 am | Lakeland Family YMCA  
3620 Cleveland Heights Blvd, Lakeland

Calling all local churches and congregations to Get Active! Join us for 12 weeks of accountability, fitness, nutrition guidance and community support.

- 5 person team minimum
- **FREE** workouts
- **FREE** health education
- Fellowship and prizes

Registration and challenge participation is **FREE!**  
To register visit [mylrh.org/FitChurchChallenge](http://mylrh.org/FitChurchChallenge)

A PROGRAM BY:



Lakeland Regional **Health**<sup>®</sup>