

Caroline County Parks & Recreation  
***“FAMILY FITNESS DAY”***

*Our emphasis is to encourage households to take a positive attitude towards fitness and receive the benefits from moderate but regular physical exercising.*



**When:** Saturday, June 18, 2011  
**What Time:** 9:30 - 12:00 Noon  
**Where:** Community Services Center



***This community event is FREE***

Fun and interactive games, Bootcamp training demos, Blood pressure checks, Movement analysis and body fat test, Prizes, Give a ways, Healthy snack samplings, and so much more!

Families and individuals are encouraged to pre-register at either the Parks & Rec. office prior to the event or between 9:00-9:30 a.m. the day of the event.



Come join us in helping to promote a healthy lifestyle by simply Getting up, Getting out, and Having fun!



***For more information call 804-633-7277 or check out our website [www.visitcaroline.com](http://www.visitcaroline.com)***