

FIT & FUN!



Taylor Memorial Park
9th Avenue Pavilion
Monday, July 4, 2011



1:00 p.m. & 3:00 p.m.



Join a **star-studded** line-up of professional athletes as they speak to children, teens and adults about the importance of physical fitness and how good nutrition plays a vital part in maintaining a healthy body and a healthy lifestyle.

Teaching from inspirational life experiences, **WNBA Champion, Pittsburgh Steelers and New York Giants Super Bowl Champions** as well as a **Harlem Globetrotter** will demonstrate how fitness at any age can and should be fun!

So, lace up your sneakers for these interactive fitness and nutrition programs that are sure to encourage and motivate you to be **FIT & Have FUN!**

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