

Lunch Bunch Series



**A healthier you is a work
of Mercy...**



At Mercy Health for Life, your health is our priority and we want to help you reach your health and fitness goals regardless of age and fitness level.

Join Personal Fitness Trainer Rich Wallace for lunch as he will provide helpful tips on how to set healthy and safe fitness goals. He will share his 20 years of experience with proven results on several fitness topics during lunch from nutrition to proper exercise. This program is for anyone, whether you're starting a new fitness program, changing your work out or increasing your fitness level.

**Tuesday, February 7, in the McAuley Room at
Mercy Hospital Fort Scott noon-12:30 pm**

\$3 Lunch!!

Lunch Bunch Series will be held each month. The topics of fitness, health and wellness will be discussed during this 30 minute long program. The fee includes a great tasting nutritional lunch for only \$3.

This month's topic is Diet Fads

Make your reservations by Mon, February 6, before 5pm by calling
Mercy Health for Life 620-223-7073.

