



COMMIT TO BE FIT

**Oro Valley Hospital invites you to Commit To Be Fit.
Join us for a series of free health and fitness lectures.**

THURSDAY, FEBRUARY 2

Secrets to a Successful Exercise Program

Do you know the “secret” to a successful exercise program? Find out how combining the different physical activities you love — and doing them with people you enjoy — can keep you motivated and fit for the rest of your life. In this seminar, learn why developing a fitness program is so essential and how following through on your “secret action plan” will really make a difference in how you look and feel.

Speaker: Patricia Snavelly, Rehabilitation Physical Therapist Assistant

TIME 5:30 p.m.
LOCATION Oro Valley Hospital, 1551 East Tangerine Road
Classrooms A & B

Space is limited. RSVP to 866-NW4WELL (866-694-9355)

or register online at OroValleyHospital.com and click on the “Community Education” tab.



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