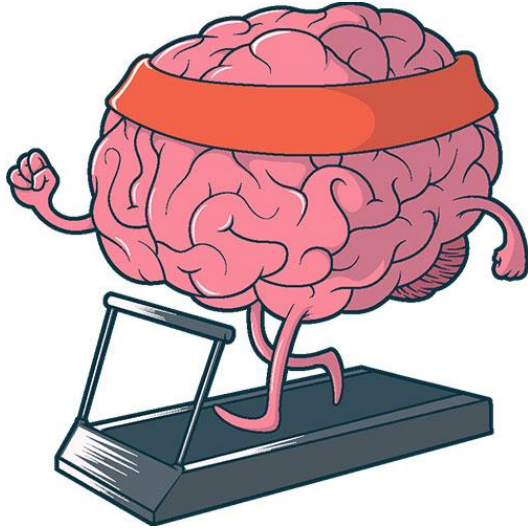


# FIT DOCS



- ✓ Are you looking for ways to incorporate exercise or proper nutrition into your life?
- ✓ Or are you already passionate about fitness and a healthy lifestyle?

**JOIN US!**

## EVENTS

- ✓ 5K Race in Glassboro benefitting Urban Promise
- ✓ Big Little Fitness Program
- ✓ Nutrition Lectures
- ✓ Basketball Tournament
- ✓ Kayak Trip
- ✓ Fitness Classes

**Membership is EASY and FREE. Just provide us with your email to be put on our contact email listing, so that you never miss out.**

**Contact us at [rowanfitdocs@gmail.com](mailto:rowanfitdocs@gmail.com) with your questions.**

