

Nimkee Fitness Center

QUICK FIT TIP

MAY 2017

The last Be WELL group is this Thursday, May 4th!

Bring your favorite healthy recipe and remember:

The key to success is keeping company with people who uplift you, whose presence calls forth your best!

I hope to see you at 12:10 in the Public Health Kitchen

Healthy Recipe:

Homemade Pizza

[CLICK HERE](#) to see recipe!

