

Get Up & Go

Seminar



Monday, February 14, 2022 • 11:00 am - 12:00 noon

Location:

221 E. Main St/Council Chambers Round Rock, TX 78664

Participants will learn:

- Benefits of Exercise
- How to get started & Stay Motivated!
- Common Exercise Facts & Myths
- Importance of Staying Hydrated
- Ways to Exercise “when you don’t have time”

***All participants will be entered into drawing for \$25 Wellness gift card!**

For Questions, contact Sharon Callis at scallis@roundrocktexas.gov or 512.671.2701

