Lunch & Learn

Working Out At Home

FREE *Workshop*

Carving out time to exercise can be so hard! If you find yourself making excuses for not exercising, come to this 'lunch and learn'. Jewels Carpenter, Certified Personal Trainer with ACE, will demonstrate ways you can exercise at home using things you may already have at hand . . . exercise bands, free weights, kitchen chairs, and more. Don't miss this opportunity! Bring your lunch and join the fun!

DATE
TIME
LOCATION

Health Matters