

## 'Wade Into Fitness' at WOW event Aug. 4

FALLBROOK – The next Woman of Wellness (WOW) event will take place in the community room at the Fallbrook Library on Thursday, August 4, from 6 p.m. to 7:30 p.m. Light, healthy refreshments will be available and the program will begin at 6:30 p.m. Attendees are asked to bring a non-perishable food item as a donation to the Fallbrook Food Pantry.

Ann Wade, BA, RYT, AFAA, will present "Wade Into Fitness – One Step at a Time." Small steps add up to big changes, so join us

to learn easy ways to increase your health.

Free monthly programs are offered on a broad range of topics including staying well, getting well, being well, and living well. Topics will vary from medical, dental and mental health to physical therapy and physical exercise, alternative medicine, nutrition, personal safety, car care and more.

Registration to attend is no longer required – just come and bring a friend or two. Be sure to

check in to receive your door prize ticket(s). Forms will be provided at the check-in table to sign up as a Woman of Wellness member so that guests can be notified directly of future WOW meetings.

The Fallbrook Healthcare District is pleased to sponsor this program for women and invites every woman to sign up and attend these evenings of fun, light refreshments and to learn about paths to wellness for herself and her family. There is no cost to join or to attend.