



Get Fit and Have Fun

*Our eight-week Women in Training Program
helps women of all ages*

Need a kick start to getting healthy? Regardless of your age or fitness level, you'll find help through our popular Women in Training Program:

- Run or walk at your own pace.
- Learn tips for healthier living.
- Get a free glucose check and body mass index assessment.
- Excel with one-on-one coaching from a fitness expert.

Join us

Thursdays, April 6 — May 25
5:15 p.m. — early session
6 p.m. — speaker
6:15 p.m. — late session

➤ Register or learn more

saintlukeskc.org/women-in-training
Karen Gillespie — 785-448-3131

Registration and kickoff (April 6 only)

Anderson County Hospital (front lobby)
421 S. Maple
Garnett, KS 66032

Weekly sessions

The Stadium at North Lake
North Lake Road
Garnett, KS 66032

Cost:

\$35 for weekly training sessions
\$25 for Vitamin D testing (optional)

 **Anderson
County Hospital**
SAINT LUKE'S HEALTH SYSTEM