

Exceptional Fitness

**Ages 14
to adult**

A fitness and nutrition program for teens and adults with special needs



Thursdays, beginning March 24

**Held at the Riptide
4:30-5:30pm
Free**

- Strength
- Flexibility
- Nutrition, education & snack by HAWC
- "Milestone" give-a-ways every six weeks
- Endurance
- Buddy system

For More Information: **The Airman & Family Readiness Center 884-6830**

