

Please join us for a *Wellness@Work Brunch-and-Learn!*

# LEVELING UP YOUR PHYSICAL FITNESS

Tuesday, June 20  
Noon to 12:45 p.m.  
Chapel Hill Public Library  
Meeting Room A

Learn techniques and strategies for:

- Weight loss,
- Strength and conditioning,
- Flexibility,
- Toning, and
- Nutrition

*Speakers:*

Athletic Trainers from O2 Fitness



## **Lunch will be provided!**

Please RSVP to Liska Lackey by 5 p.m. Friday, June 16,  
at [llackey@email.unc.edu](mailto:llackey@email.unc.edu) or 919-968-2796.



**wellness @work**  
UNC HEALTH CARE | FAMILY MEDICINE  
TOWN OF CHAPEL HILL

