

Open House & Health Fair Schedule

10AM-2PM:

CHILD CARE TOURS

USE THE FACILITY AS A MEMBER

CAUSE-DRIVEN TOURS EVERY HOUR

JOIN AS A MEMBER FOR A \$0 JOIN FEE

DRAWINGS FOR FREE MEMBERSHIPS & MORE!

VENDORS WITH GIVEAWAYS, SCREENINGS, & INFO

- **Harrison Family YMCA:** Information and spin-wheel
- **Harrold & Associates Dental Care Center:** Dental education & give aways
- **Arbonne international:** TaSteve testing vegan nutrition and sampling natural skin care and body care for the entire family!
- **Ruby Ribbon Women's shapewear and athletic wear:** Fittings for women for sports demiette and leggings
- **Carolina Donor Services:** Information, goodies, possible table game
- **Sam's Xpress® Car Wash:** Corn Hole and Prize Wheel
- **Statewide Insurers Group (representing United Health Care)**
- **Ward Specialty Pharmacy:** Games
- **Monarch**
- **Tackle the Tar- Rocky Mount Rotary Club:** Sign up for Tackle the Tar
- **Rocky Mount Family Medical Center:** Information on our 2020 Weight Loss Challenge
- **Nash UNC Health Care:** Blood Pressure Screenings. Educate participants on the different services and classes that are available at the Nash UNC Women's Center, Breast Center, and Cardiology Clinic.
- **Division of Services for the Deaf and Hard of Hearing**
- **North Carolina Wesleyan College:** Admissions Information
- **Vidant Edgecombe Hospital:** Blood Pressure Screenings, Primary Care Options, and giveaways
- **ClearCaptions:** Providing Information

GROUP EXERCISE CLASSES:

BODYPUMP | 10:30-11:00 IN FAMILY GYM

BOOT CAMP | 10:30-11:30 IN STUDIO 1

BODYPUMP | 1:30-2:00 IN FAMILY GYM

PICKLEBALL GAME: 11:00-1:15 IN FAMILY GYM