Bridges
Serving the Deaf, Hard of Hearing and Hearing Communities

Fall Fitness "Kick Off" Festival

Monday, September 22nd

5:30 p.m.—8:00 p.m.

*Cardio Line Dancing class begins at 6:00

- Come see the fully functional fitness center!
- Meet the new Health/Fitness Coordinator, Rhonda Smart!
- Enroll in a **FREE** one-on-one session with the fitness trainer!
- Discover **FREE** beginners and advanced fitness classes exclusively for Deaf and hard of hearing adults!
- **Enjoy FREE PRIZES** and **REFRESHMENTS**!
- Learn how to register for the **Fall Fitness Challenge**

It's time to Kick off" your fitness!

American Sign Language interpreters provided!

For additional information, please contact Rhonda at **rs@bridgesfordeafandhh.org**

935 Edgehill Avenue
Nashville, TN 37203

Check the full fitness schedule at
www.bridgesfordeafandhh.org/livingwell

615-290-5147-Video Phone
615-248-8828-Voice