

FREE Health & Fitness Expo!

SUNDAY, OCTOBER 23rd

1 – 4 p.m.

Amphitheater at Stephens Lake Park
(Rain location at Riechmann Indoor Pavilion)

MAYOR'S COUNCIL



**FREE
T-SHIRTS!**

**Co-sponsored by the
Mayor's Council on Physical Fitness & Health
Columbia Parks and Recreation
ARC**

Activities for Kids

- Face painting
- Balloon activities
- Jogging Juggler
- TJ the Healthcare Tiger
- Jump rope and hula hoop contests

Interactive Events for Adults

- Zumba
- Jazzercise
- Body Combat
- Tai Chi
- Yoga

Local Health & Fitness Vendors

- Boone Hospital Center
- DeSpain Cayce Dermatology
- Ellis Fischel Cancer Center
- Culligan Water
- Cross Country Extreme
- Focus on Health Chiropractic
- Missouri Physical Therapy Assoc.
- Energy Link
- Right at Home Veterinary Care
- Pilates of Columbia
- PedNet Coalition
- Clover's Natural Market
- Columbia / Boone County Dept of Health & Human Services
- Columbia Track Club
- AND MANY MORE!!!

