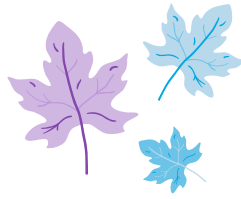


# FALL INTO Fitness



Celebrate **Work-Life Week** during our fall festival Wednesday, October 9th from 9:00AM - 7:00PM



## EVENTS

**9AM - 1PM** Pro Shop SALE- 10% discount on apparel!

**9:30AM** Strength Foundations: Intro to Back Squat & Deadlift

**10AM** Nutrition Recipe with Kelly

**2:00-3:30PM** Open Play Pickleball

**3:30PM** Roll into Autumn: Therapy ball reset

**5PM** *Leaf Your Stress Behind:* Yoga

**5:30pm** Dance into Fall: Hip Hop Cardio Class

\*All events will be held at Health Place or on the green.

Scan the QR code for Event Guide



## VENDORS



**Big Peach Running**  
10% Discount +  
FREE shoe fitting!



**Bless Somebody**  
Candles, sugar scrubs, & more!



**Dr. Wellbee**  
On-site appearance  
at Health Place!



**Eat Right Atlanta**  
On-site 11am-3pm



## DETAILS

In addition to our vendors and activities, Health Place will offer chair massages, open-play pickleball, fitness assessments and guest access for the day, all **FREE** and running all day long!