

The Wellness Center Presents...



Ladies Lift

In Representation of Breast Cancer Awareness Month!

Every Wednesday of
October at
11 am & 3 pm

Wellness Center SC 118

PALM BEACH GARDENS CAMPUS
3160 PGA Boulevard

For more information, call

561-207-5099



Join us for our new October Series designed specifically for woman. A comprehensive group exercise session for woman who want to learn how to properly weight train in the gym.

All fitness levels are welcome!



**WELLNESS
CENTER**