



**CTFD COMMUNITY
HEALTH & FITNESS
OPEN HOUSE**

Saturday, June 16th

Time: 12 pm – 4 pm

Columbia Township Fire Dept

“Working to Make our Community Happy and Healthy”

WELCOMING CHILDREN AND ADULTS TO HAVE FUN WHILE LEARNING ABOUT LOCAL COMMUNITY HEALTH AND FITNESS PROGRAMS, TOUR THE FIREHOUSE, PARTICIPATE IN FUN ACTIVITIES FOR ALL AGES! WANT TO SEE HOW TO TRAIN LIKE A FIREFIGHTER? HAVE A PARTY WITH LOCAL ZUMBA INSTRUCTORS? TALK WITH LOCAL HEALTH CARE PROVIDERS OR LEARN ABOUT PROGRAMS FOR SENIOR CITIZENS IN OUR AREA? DON'T MISS OUT!



***COLUMBIA MEDICAL CENTER**

***HF ALLEGIANCE ENDOCRINOLOGY-DIABETES**

***COLUMBIA COMMUNITY FITNESS CENTER**

***AREA AGENCY ON AGING**

***ZUMBA WITH ROSA**

***CARDIO DRUMMING**

***SWEETWATER YOGA**

AND MANY MORE!!