

Topsail Beach Fit at 50

Weekly Exercise Day

Wednesday at 9:00 AM

Starting Feb. 20, 2013

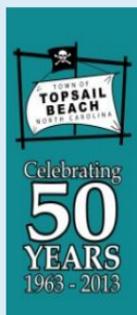
Assembly Building

720 Channel Blvd.

Topsail Beach, N.C.

For Information: 910-328-5841

Come join the fun at Topsail Beach. The year of 2013 is "Heart Health Awareness" for Pender County. Let's be part of being a health leader for Pender County.



Program is open for all levels of physical activities. Please bring an exercise mat, if you have one.

Always check with your physician before starting any exercise program.

