

100 Year Lifestyle Speaker Series: FitnESS

with Marc Patula, Certified Personal Trainer

Thursday, January 14 at 5:30pm



Get your ESS in Shape in 2010!

Join certified personal trainer Marc Patula for a look at how you can incorporate simple exercises into your routine to help you live a healthy, fulfilled life! Dr. Heeren will provide a brief introduction on making and keeping your new year resolutions. There is no charge for this presentation, but please call 608-742-1300 to register!

Proudly presented by:



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