



COVENTRY EMPLOYEE WELLNESS
COMMITTEE PRESENTS

WORK THE CIRCUIT

FREE!

TUES/THURS, BEGINNING 9/24
(No Class 10/15, 10/24, 11/5, 11/28, 12/5, 12/24,
12/26, 12/31, 1/2, 2/18, 3/26, 4/14 & 4/16)
4pm - 5pm @ GHR Cafe

No Pre-Registration Necessary! Just sign-in each time you attend!
Be sure to jot down your email address, so we can contact you with any
schedule changes!