

Date: Wednesday, February 29th

Time: 6:00pm

Wellness Center 101

A quick course on all things Wellness Center. Let us introduce you to the programs and facilities available to you as a Wellness Center member.

Come learn some basics of exercise, services, amenities, and exercise etiquette.

New members, or anyone who wants a little refresher course on the Wellness Center

Sign Up at the Front Desk and make the most of your Wellness Center membership



THE WELLNESS CENTER

A service of The Medical Center of Central Georgia