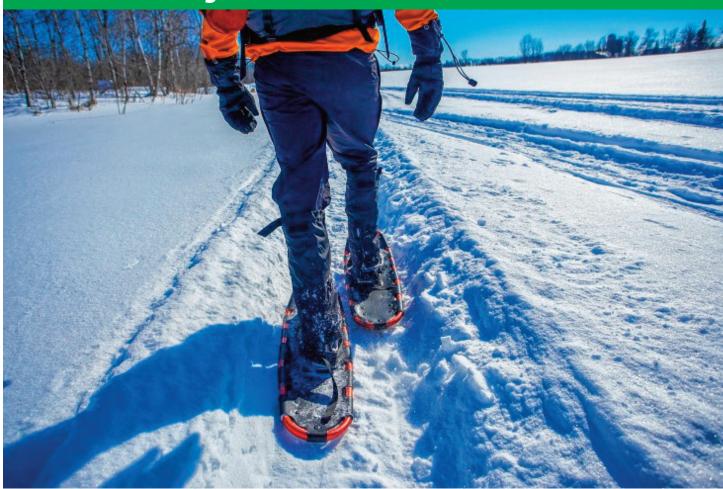
## 12 Days of Wellness SNOWSHOEING

Wednesday, December 5 • 9:00-9:45am



## SNOWSHOEING FOR BETTER HEALTH WITH LUKE MOORE OF AJ'S SPORTS

Snowshoe your way to building strength, agility, balance and endurance this holiday season! Snowshoeing not only gets your body valuable outdoor time during the winter it also provides a terrific conditioning

Join Luke Moore of AJ's Sports to learn more about the right snowshoe for you!



