

# The Breckenridge Social Committee Invites You to Attend Our



## 1<sup>st</sup> Annual Health Fair

When: Saturday January 24<sup>th</sup> from 10:00 am to 2:00 pm Rain or Shine

Where: Breckenridge Clubhouse Grounds

Start 2009 off right by joining us at our 1<sup>st</sup> annual HEALTH FAIR!! Get a head start on your New Year's resolutions and learn about how to live a healthier life. There will be numerous vendors offering their advice and services to you.

- Health Fitness Designs is offering cholesterol screenings (a total lipid plus glucose) for \$25. Fasting and an appointment is required - call 919-465-7249 or email [scott@healthfitnessdesigns.com](mailto:scott@healthfitnessdesigns.com)
- Active Bodez will be holding a drawing to win a free one month membership with 2 hours of personal training.
- The Breckenridge tennis pro, Dean Caccamo will also be there offering free tennis lessons from 12-2 (weather permitting). Make sure you reserve your spot by emailing him at [deanstennis@yahoo.com](mailto:deanstennis@yahoo.com).

Kids Ages 5 to 8	Kids Ages 9 and Up	Ladies	Gentleman
12:00 to 12:30	12:30 to 1:00	1:00 to 1:30	1:30 to 2:00

There will be snacks and water provided as well. Come and join us for an afternoon of fun and learning. We hope to see you there!



Want To Help Out with this Event email [social@breckenridgenc.com](mailto:social@breckenridgenc.com)

