

NAVY MWR MID-SOUTH MWR PRESENTS THE 1ST ANNUAL

FITNESS EXPO

**Tuesday, April 2
10 a.m.-1p.m.**

Joe Dugger Fitness Center
(Bldg. S-499) | 5671 McCain St.

Fitness Expo information and vendors:

The Expo will include group exercise demos, fitness challenges, health care vendors, massage therapy, chiropractic therapy, giveaways and prizes!
The MWR Fitness Expo is a chance for patrons of NSA Mid-South to improve their health and wellness by gathering information on nutrition and exercise.



www.facebook.com/groups/FitnessandSportsMidSouth

Event sponsored by:



The Department of the Navy does not endorse any company, sponsor or their products or services.