

Quantico Family Fitness Challenge 2013

**Take the challenge
to help yourself and the family get healthy
Through increased physical activity and improved eating habits.
Sign-up for one, 8-week session**

Session 1: 14 Jan - 8 Mar

Session 2: 11 Feb - 5 Apr

To register, pick-up a family challenge packet at one of the following registration locations: Quantico DoD Schools, Youth Center, Barber Physical Activity Center. Fun incentives for all participants!



For details- 703-784-2869/3780

www.quantico.usmc-mccs.org

