



**Tuesday**

**January 28th**

**12:00 - 1:00pm**

.....  
City-County Building

Room 426

316 N. Park Avenue • Helena

# Fitness Facts vs. Myths

Getting the Most From Your Workouts

**Having trouble achieving your fitness goals?**

Learn the truth behind common exercise beliefs  
to increase the benefits of your exercise program!

**Questions?**

Please contact CareHere Health Coach Margy Bartley at [mbartley@carehere.com](mailto:mbartley@carehere.com)  
or call 877-866-6430 ext. 551.

**CareHere!**



**Exercise**

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