



Monday
May 5th
12:00pm

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City-County Building
Room 426 • Helena, MT

Pick UP the **PACE**

**Has your exercise routine become, well, routine?
Maybe it's time to spice things up!**

Add a little seasoning to your routine with brand new elements that will bring you new results and make your time more efficient. Never be bored again!

How to register:

To register, please contact Morgan Maynard-Dixon at mmaynard-dixon@helenamt.gov or call 406-447-8333.

Care Here!



EXERCISE
exercise
Exercise

exercise
Exercise
exercise