



Learn about all the services offered by the  
Interchurch Center's Wellness Center

**Upcoming Events**  
Save the Date



**Mobile Mammogram Clinic**  
American Italian Cancer  
Foundation - TBA



**CPR/AED Training 2018**

January 8 & 9  
April 9 & 10  
July 9 & 10  
October 15 & 16  
(Offered for free to TIC tenants)



**Blood Drives –**  
Monday, February 12, 2018  
Monday, September 17, 2018



**Zumba Classes –**  
TBA / Once a week



**Annual Health Fair –**  
October 25, 2018

**Additional Services**



**Fitness Room**  
Elliptical, Treadmill, Bike



**Flu Vaccines**  
Available for \$25.00



**Travel Vaccinations &  
Consultations**



**Weight Watchers**  
Contact the Wellness Center  
for more information



**Lunch Time Exercise Classes -**  
\$65 for 10 classes, 1x a week