

Come Join Us at Georgia's Big Creek Greenway Trail

for our **Monthly Fitness Outing**



NutriFit Sport Therapy's "Fit for Life" fitness group will be meeting at the Northpoint Parkway entrance on **Saturday, December 16 at 3:00 p.m.** for a short hike on Georgia's Big Creek Greenway Trail. You can **RSVP** by contacting the Nutrifit office at **770-395-7331** if you are interested in attending. We hope that you can join us as we continue to stay Fit for Life!

For information on the Big Creek Greenway, please visit <http://www.bigcreekgreenway.com/>