

Come Hike with Us at Kennesaw Mountain Park

for our **Monthly Fitness Outing**



NutriFit Sport Therapy's "Fit for Life" fitness group will meet at the park's Visitor's Center on **Sunday, September 9 at 4:00 p.m.** for a short hike up and down Georgia's beautiful Kennesaw Mountain! Fall is just around the corner and this hike is sure to get you excited about outdoor fitness. You can RSVP by contacting the NutriFit office at 770-395-7331 if you are interested in attending.

To get there, take I-75 to exit 269 (Barrett Parkway). At the stoplight turn West onto Barrett Parkway. Travel down Barrett Parkway for approximately 3 miles, turn left at the light, onto Old Hwy 41. Turn right at your next light, Stilesboro Rd. The visitor center will be immediately on your left. Brown and white signs located along the roads will guide you as well.

Directions from the visitor center to Cheatham Hill are provided in the visitor center at the information desk. Visit the website, <http://www.nps.gov/kemo/index.htm>, for any additional information. We hope that you can join us as we continue to stay Fit for Life!