

Let's Talk. Heart to Heart.

The Wellness Connection Presents to you the July

GUEST SPEAKER EXERCISE & HEAT

Dennis S. Barber, BS, ACSM-RCEP
RRMC Cardiac Rehabilitation & Wellness Center

Saleeby-Fisher YMCA, East Rowan

Tuesday, July 20th

1:00pm

J.F. Hurley Family YMCA, Salisbury

Wednesday, July 21st

11:00am

J. Fred Corriher, Jr. YMCA, South Rowan

Thursday, July 22nd

1:00pm

