

MERIDIAN  
HEALTH Services

# CITY FIT

A JOURNEY THROUGH FITNESS

WAYNE COUNTY FAIRGROUNDS  
861 Salisbury Rd., Richmond

SATURDAY, JULY 29  
10AM - 1PM

**TOGETHER IS BETTER! JOIN MERIDIAN HEALTH SERVICES  
ON YOUR JOURNEY TO BETTER HEALTH!**

9-10:00am Color Run/Walk Registration

10-11:00am Color Run

11-11:40am YMCA Fitness Classes

11:40am - Noon Thick Fit Demo Class

Noon-1:00pm Reid Health

FREE Color Run

Fitness Zone Featuring FREE Fitness Classes

FREE Health Screenings by MeridianMD

Kid's Zone - Bounce House & Other Activities

Food for Purchase

Over 30 Vendor Booths

FREE Bottled Water

