

Town of Manchester, Connecticut



Join us for another informative Lunch and Learn:

Exercise for Busy Bodies!!

Join fitness trainer Christine St. Laurent as she explains how you can still exercise at your desk, in your car and at odd moments during the day! Come and hear tips for finding time to exercise no matter how busy you are!

Date: Thursday, February 13, 2014

Place: Manchester Room – Town Hall

Time: 12:00 noon (additional travel time is allowed to get to and from the session on your lunch break)

You can order a subway sandwich for \$3.00 or a salad (with turkey and veggies) for \$4.00. Both come with chips, cookie and a bottle of water. Or you can bring your lunch.

Please call Human Resources at x3126 by noon on Wednesday, February 12, 2014 to register.