

INTEGRITY FITNESS PRESENTS...

*Women's Health Awareness Fair:
Mother's Day Edition*

May 11, 2013

10 am - 4pm

4435 E. W.T. Harris Blvd.

Charlotte, NC 28215

Join us as we empower women of all ages, races, and backgrounds how to prevent or lessen the effects of lupus, osteoporosis, arthritis, preeclampsia and heart disease.

Enjoy a variety of vendors that will provide tools needed to make informed decisions about living a healthier and more active lifestyle.

Speak with experts about health-care reforms, policies, and coverage.

Become a health advocate for your community.

Come prepare for a light workout.



Real Health. True Fitness. No Compromise.