



COMMIT TO FIT

This event is Free to the public and is open to all genders.

Linda Golik, a health and wellness consultant for Bellin, will discuss the mental aspect of commit to fit.

Kasey Eisch-Ermis, a team facilitator and personal trainer for Bellin, will run participants through a 20 minute mindful workout.

January 18th
10am-11am
Gym, Bond Community Center
1201 Park Avenue, Oconto, WI 54153

