



Give yourself a healthy boost

Take a convenient online class

Virtual Low Impact Fitness with Margaret

Date: Wednesdays, April 6th thru June 29th | **Time:** 5:30 PM to 6:30 PM

Join via computer or mobile device by [CLICKING HERE](#)

Join Kaiser Permanente fitness instructor, Margaret Thomas, as she leads you through movement to increase cardio and improve strength and flexibility.

No registration required

For questions, contact: employeewellness@fultoncountyga.gov

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