



Keep Motivated

with

Kara Fowler
personal trainer

Learn how to stay motivated & maintain
your New Year's health & fitness Resolutions
throughout the new year.



February 27 • 12 noon
NEA Baptist Wellness Center
2617 Phillips Dr., Jonesboro

A light, complimentary
lunch will be served.

Call to reserve your spot.

870-936-7955
(seating limited to 50)

NEA BAPTIST 

Get Better.

NEABaptistClinic.com