

LET'S GET PHYSICAL

Fighting Metabolic Syndrome

Slow the damage and get the most benefit from physical activity.

Suellyn McGlew

Exercise Physiologist

**Metabolic Medicine, Weight & Wellness Center
Morristown Medical Center**

Carol Montgomery, MPA

ACE Personal Trainer, Health Coach

WED., MARCH 30TH

7:00 TO 8:30 P.M.

Place: *Bernards Township Municipal Bldg.
One Collyer Lane
Basking Ridge, NJ 07920*

To Register: 908-204-2520

