



CELEBRATE WORKPLACE WELLNESS

Friday, May 3rd at 4 p.m.

scan for info!



Walkers and runners - ALL fitness levels welcome!

**FREE TRAININGS open to everyone:
Tuesdays March 19th-April 23rd • 5:30 p.m.**

Hosted by YMCA of Western North Carolina
Asheville Chamber parking lot top level (36 Montford Ave.)

www.ashevillechamber.org/cc5k

THANKS TO OUR SPONSORS!



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