

DAY OF WELLNESSES



CALLING ALL FAMILIES! COMPLETE THE STEP UP CHALLENGE AND EARN:

- **FREE TRIAL GYM MEMBERSHIP**
- **FREE MENTAL HEALTH GROUP SESSION**
- **FREE RAFFLE TICKETS**
- **FREE RUNNING SNEAKERS WITH COMPLETION OF THE STEP UP CHALLENGE— A FAMILY FRIENDLY WORKOUT FOR ALL FITNESS LEVELS**
 - ***MUST REGISTER BEFORE JUNE 20TH TO QUALIFY FOR FREE SNEAKERS**



LIMITED SNEAKERS AVAILABLE

 **Best Fitness: 1739 Allen St.**

 **Saturday, June 21st, 2025**

 **12:00 PM - 3:00 PM**

 **Sponsored By:**

 **SIGN UP**



***Free sneakers require registration and completion of Step Up Challenge.
Running sneakers only available for youth ages 13-18 and their parents.
Register at followmysteps.org/stepupfitness**