

# NOTICE



## Fitness Assessments and Body Composition Appointments

Needing to schedule a body composition (body fat %) appointment? Those can be completed during work hours.

Wanting to complete the fitness assessment for an activity credit? Those will need to be scheduled during non-working hours.

Contact the Murray Calloway County Hospital Center for Health and Wellness at 762-1348 to schedule an appointment.

- Thurs, Dec 5: 6-10 am
- Tues, Dec 10: 4-7 pm
- Wed, Dec 11: 11a-3p
- Thurs, Dec 12: 6-10 am

Questions? Contact Doris Summers  
at 762-0350 ext. 1145