

Mayor's Fitness Challenge



Monday Night Wellness Talks
Berkshire Athenaeum
One Wendell Avenue
7PM - 8PM

Date	Topic	Presenter
June 5th	The Ten Second Meditation	Lawrence Carroll
June 12th	Easy Fruits & Vegetable Recipes	Anna Gershenson
June 19th	Fitness for Life	Lisa Laramy Berkshire Health Systems
June 26th	Beyond Calories	Jennifer Ward Berkshire Health Systems

Cost: FREE

Please register by calling the Berkshire Athenaeum at (413) 499-9480 or register in person at the Berkshire Athenaeum.

