



SOMifit

Health and Wellness Class



**Special
Olympics**
Michigan

A PROGRAM TO IMPROVE OUR ATHLETES WELL-BEING

An 8 Week Program With Weekly Hour Sessions

Starts January 21st, 2020

@ Alma College Stone Center for Recreation,

Vassar St. Alma, MI 48801

Please register online by [CLICKING HERE](#)

Details

- Tuesday evenings from 6:30-7:30 pm beginning Jan. 21st, 2020
- Sessions to cover physical fitness, wellness and nutrition
- Minimum age is 18 unless accompanied by a chaperone or legal guardian
- Incentives available
- Open to 8-10 participants



Special Olympics
Michigan



For more information:
Kellie Murphy
Manager of Sports and Wellness
989-774-3911
murph4kj@cmich.edu