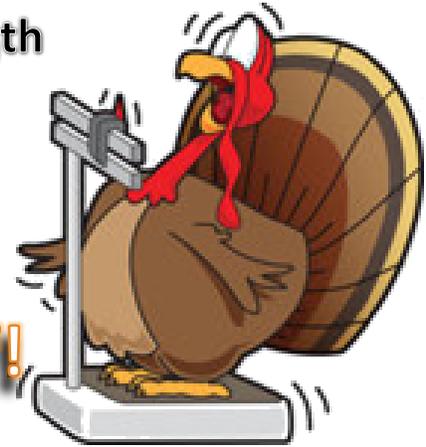


H.E.L.P. 2014-2015

Wed Oct 29th to Tue Jan 20th

H.E.L.P. is here
to assist you in
keeping those pounds off!



**THE TURKEY SHOULD BE THE ONLY THING
STUFFED THIS HOLIDAY SEASON**

Registration now open until Friday Oct 31

**Gather your family & friends...
work together to keep each other motivated
through the holiday season.**



You'll work in
teams of 2.



Teams can be all female, male or co-ed.

For more info contact the
Salt River Fitness Center at 480.362.7320.