



FREE CityFit Wellness Lecture Series

2007 Schedule

TOPIC	DATE	TIME	LOCATION	SPEAKER
Guide to Periodontal Services	May 10, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	CompBenefits
Fitness Anyone?	May 24, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	American Heart Association
How Food, Fitness & Framing can improve your Personal and Professional productivity	May, 31, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	University of Phoenix
Can bad things happen to good people?	June 14, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	The Allen Group
7 Essential Tips to permanently eliminate Procrastination from your life	June 21, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	University of Phoenix
Managing Migraine	June 28, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	GlaxoSmithKline
Spinal Health	July 12, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	Dr. Ashley
Eating for a healthier you!	July 19, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	UF
Top 10 Myths about Dentistry	July 26, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	Dr. Sean Cooney
Vision Care	August 9, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	CompBenefits
Parenting	August 23, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	The Allen Group
Nutrition	Sept. 13, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	UF
You and Your Aging Parent	Sept. 27, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	The Allen Group
Coping with Asthma	Oct. 11, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	GlaxoSmithKline
Holiday STRESS	Oct. 18, 2007	11:00 – 12:00 noon	City Hall, Commission Chambers	The Allen Group

Stop by and take advantage of the lectures offered and enjoy the refreshments!