



HEALTH FITNESS NUTRITION

UP COMING

ROCK CLIMBING, 5K
COLOR RUN & HIKING

MAY – AUGUST 2024

NHFN BLDG.

1937 Lashi St. SE

Olympia WA. 98513f

May 25th rock climbing

June 1st hiking

June 15th 5k color run

July 13th & 27th hiking

August 10th & 31st hiking

Contact us @ (360) 456-5221
ext.

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All events are for all
fitness levels.