

FMCA – Bowling Green, OH – July 20-23, 2009	
TravelFit by PFIT Seminar Schedule	
Wayne & Dahelia Hunt (F235156)	
Early Morning Workouts	
Tuesday, Wednesday & Thursday July 21, 22 & 23, 2009 7:00 a.m. to 7:45 a.m.	
Seminar 5 (BTSU Room 207)	
Strength Training Programs For Women	Health Considerations For Hypertension, Diabetes, And Coronary Heart Disease
Monday, July 20, 2009 8:15 a.m. to 9:30 a.m.	Monday, July 20, 2009 10:00 a.m. to 11:15 a.m.
Seminar 6 (BTSU Room 308)	Seminar 6 (BTSU Room 308)
Knee-Hip-Ankle Health	Rehabilitation Exercise
Tuesday, July 21, 2009 1:15 p.m. to 2:30 p.m.	Tuesday, July 21, 2009 3:00 p.m. to 4:15 p.m.
Seminar 6 (BTSU Room 308)	Seminar 6 (BTSU Room 308)
Joint Health And Living With Arthritis	
Wednesday, July 22, 2009 11:30 a.m. to 12:45 p.m.	
Seminar 6 (BTSU Room 308)	
Call 800-899-7348 or email info@pfit.org with any questions	