



**ASHEVILLE**  
AREA CHAMBER OF COMMERCE

## CELEBRATE WORKPLACE WELLNESS

**Friday, May 2nd at 4 p.m.**

scan for info!



**Walkers and runners - ALL fitness levels welcome!**

**FREE TRAININGS open to everyone:  
Tuesdays March 18<sup>th</sup>-April 22<sup>nd</sup> • 5:30 p.m.**

Hosted by YMCA of Western North Carolina  
Asheville Chamber parking lot top level (36 Montford Ave.)

[www.ashevillechamber.org/cc5k](http://www.ashevillechamber.org/cc5k)

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