



*Orthopaedic &
Sports Medicine
Center*



DEDICATED TO HELPING
RESTORE
ACTIVE LIFESTYLES

Dr. Nancy Felix and Amelia Island Personal Fitness invite you to join them to have fun and train for the 32nd annual Gate River Run on March 14, 2009.

- Saturdays, Jan. 17 through March 7-8AM
Meet at Amelia Parkway Medical Plaza,
2416 Lynndale Road

- ALL LEVELS OF FITNESS WELCOME!
Bring a buddy!

- 8 Week Training Session
WALK, RUN OR JOG

Call 261-0698 for information.

*Dedicated To Promoting
Lifelong Health And Wellness*

Amelia Island Personal Fitness