

CAMBRIDGE FITNESS BROTHERS

Please call to register
at 617-665-3677 or email
apless@challiance.org



ORIENTATION DATES

Tuesday, September 16
6:00 p.m.

Windsor Street Clinic
119 Windsor Street

Saturday, September 20
1:00 p.m.

Citywide Senior Center
806 Massachusetts Avenue

- Free 10-week program
- Team up with 2 or more of your brothers
- Fitness manual and other free stuff
- 3 fitness training workshops (including men's health information that you *need to know*)
- Grand prize drawing for most active team



Get moving twice a week starting this September!



A partnership of the Margaret Fuller Neighborhood House,
the Cambridge Health Alliance and the Cambridge Family YMCA.
Funded by the U.S. Department of Health and Human Services,
Office of Minority Health.

