

Your Health Matters

GET READY, SET, RACE!

The Adrenaline Rush Inflatable Obstacle Course is coming to Montgomery County! Only one word can describe this inflatable course - AWESOME!

Two contestants race to see who can make it through the Adrenaline Rush first. Feel your heart race as you and opponent race down the side sections through 40 feet of obstacles and barriers. Then turn into the center challenge and sprint back to the front through another 40 feet of pop ups. Climb the inflatable climbing wall and end with a plunge down the slide to finish.

This exhilarating and blood pumping work out is a blast! It will be at the BE WELL HEALTH FAIR 2016.

This is a FREE event on Thursday, June 2nd from 3:00 pm – 7:00 pm at the Montgomery County Middle School.

See you there!

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, call 573-564-2495 or visit us online at www.montgomerycountyhealth.org or on Facebook or Twitter @healthymoco. ■

Linda Harman

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