

**JOIN US WITH YOUR DOG
FOR FITNESS IN TANDEM**

F.I.T.



Introducing an exciting new fitness program for you AND your dog!

**Please join us for an informational session
February 2, 2014***

10:00 am

Veterinary Medical Center of Independence

Kristi Baker, DVM

4147 Madison Pike, Covington, KY 41017

Call 859-356-2242 to register.

The 8 week program will run from February to late March.

Cost \$120 - includes a pre-vet check for your dog.

***Exams can be done on Feb. 2nd.**

The goal of F.I.T. is to promote fitness, health and bonding with you and your canine partner. Sessions will meet weekly on Sundays at 9:00 am for 60 - 90 minutes at various parks around the area for a walking and exercise program.

F.I.T. will feature guest speakers who will cover topics related to health and fitness.

The F.I.T. program will conclude with a fun 5k for dogs and humans!

Open to adults and dogs one year and older.

