



EVMS LOVING STEPS
NEWMAN FITNESS FOUNDATION PRESENTS:
DANCE FITNESS, HIGH INTENSITY INTERVAL
TRAINING, AND YOGA CLASSES
JULY 20, 2021 AT 6:00 PM

Join Tanecia Newman with NewMan Fitness Foundation to DANCE!

JOIN ONLINE WITH
ZOOM

NewMan Fitness Foundation is there to be a source that contributes to the reduction of health disparities in our region by providing simple solutions for individuals to obtain affordable and quality nutrition, exercise, and wellness programs.

CONTACT TANGELA RANDALL AT
 RANDALTT@EVMS.EDU FOR A LINK TO
 PARTICIPATE!

This organization seeks to **Encourage. Inspire. Empower.** individuals to achieve behavioral, emotional, mental, and physical health through movement and proper nutrition.

No experience necessary.

