

Fitness and Fun at FAMOHIO

August 7-9, 2009
Crowne Plaza North
Columbus, Ohio

Early Bird Registration
due May 22nd!

Featuring:

- Motivational speakers for the whole family!
- Educational offerings on joint health, hemophilia and aging, preventing obesity, insurance issues and NHF's Val Bias!
- Saturday afternoon wrap sessions for men and women!
- A new youth 7-9 age group!
- Saturday night **Columbus Clippers** baseball game!

