

West Windsor Fitness and Wellness Seminar

When: Monday, April 29 6-7 p.m.

Where: Forge Performance Center, 51 Everett Dr. Suite A-70, Princeton Junction, NJ 08550

On Monday, April 29 from 6-7 p.m., you will be able to hear from the best fitness and health professionals in the area give presentations loaded with valuable content on how you can take strides to drastically improve your health and fitness RIGHT NOW. Seminar is FREE, registration required! Limited seats available.

Click [here](#) to register.