



Press Release

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Bfit Cuero Wellness Center to Host Bfit for Fall Wellness Fair

Cuero, Texas: Are you ready to be fit and healthy this Fall? Attend the Bfit for Fall Wellness Fair at Cuero Wellness Center on Tuesday, Sept. 18 from 5:30 p.m. – 8 p.m. The Wellness Fair will feature free screenings and assessments, as well as a wealth of health information provided by Cuero Health physicians and staff. There will be healthy cooking demos and samples as well, so a wide variety of activities for attendees.

“With the holidays just around the corner, we wanted to give our members a head start on a healthy approach to the holiday season and help keep them motivated,” said Tami Brzozowski, Cuero Wellness Center Manager. “Knowing your numbers can really be motivating and a good reminder of what to continue doing to stay healthy and on track.”

And, while the event is aimed at members only, members may bring a non-member guest. If the guest signs up to join Cuero Wellness Center, their membership joining fee will be waived and the member will receive a free Bfit t-shirt. The first 200 to attend will receive a free tote bag and all attendees will be entered to win amazing door prizes, including personal training sessions (\$50 value), free massages and free month membership.

If your business would like to provide a health screening or have a booth, please contact Emily Weatherly at 361-894-5112 or Tami Brzozowski at 361-275-9355.

For more information, contact Cuero Wellness Center manager Tami Brzozowski at tami@cuerohospital.org or by calling 361-275-9355.

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