



# Fitness & Triathlon EXPO

JAN 9, 2010  
8 a.m.-Noon

The Wellness Center at Baptist  
2021 Church St., Plaza 2, LL

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## SPEAKERS

**Rudy Kalis**, WSMV-TV Channel 4 Sports Director • **Rambo Samb0**, Nashville Roller Girl voted *Most Athletic in Nashville* by the Tennessean • **Trent Nessler**, Baptist Sports Medicine Director • **Mari-Etta Parish**, Board Certified Sports Nutritionist

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## Over 25 Fitness and Wellness Exhibitors

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Admission is **FREE** • \$5 donation recommended  
Donations and exhibitor fees benefit Girls on the Run



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