



**21 September 10am – 4pm
Glen Pavilion
Pittencrieff Park
Dunfermline**

FREE ENTRY

A one day showcase to see what's available in Fife for fitness – for ALL the Family! With some of the major suppliers of activities, equipment and support in the area, we've got something for everyone:

- Every level of fitness
- Every age group
- Every level of ability

**“Come along and see what you and the family
can do to get fit (ter)”**

We're raising funds for Breast Cancer Care and Cash for Kids during the event. Bounce 4 Boobs is at 12 noon – all funds raised will go to Breast Cancer Care. And we might even break a world record at the same time – it's official with the Guinness World Record folks!

We are also holding some Les Mills training sessions at £10.00 per session with all profits going to Cash for Kids.

For more information visit www.fitfife.co.uk.

There are limited exhibition spots for providers of fitness activities, equipment and advice. Call 01383 852931 for more information

