



Guest Speaker at EGHC Healthy Living Class

Katina Hunter will be speaking at East Georgia Healthcare Center (EGHC) in Swainsboro on **Thursday, January 10th at 5:15p** as part of EGHC's Monthly Healthy Living Class. This class is free and open to the public.

Katina will cover the best type of exercise for different disease processes. She will also demonstrate different strengthening and stretching exercises.

Katina has a passion for health and fitness. She has been involved in health and fitness since 1994. Katina holds a master's degree in nursing and works as a women's health nurse practitioner. She believes that with health promotion you can have disease prevention and that is the basis for her practice. Katina has her fitness certification through AFAA and she teaches many different disciplines of exercise including step, funk, kickbox, powercut, hi-low dance aerobics, and yoga. Katina has presented at fitness conferences and she is also a personal trainer in her local studio. Katina is committed to designing workouts to keep people motivated and living a healthy lifestyle.



Katina currently lives in a small town near Savannah, Georgia with her husband Keith and her two children Kelsea and Kamden.

You don't want to miss this great opportunity to get the right exercise program for 2008!

East Georgia Healthcare Center, Inc. is a not-for-profit, community-based health center dedicated to improving the health and quality of life for all residents of Emanuel, Tattnall, Candler, Treutlen and the surrounding counties, regardless of their race, color, creed, religion, national origin, age, gender, disability, veteran status, and/or ability to pay. EGHC has three locations in Southeast Georgia, Swainsboro, Reidsville and Soperton. Opening in Metter – February 2008!