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**FOR IMMEDIATE RELEASE**

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### **NMMC WELLNESS CENTER TO OFFER YOUTH FITNESS MANIA**

TUPELO, Miss.—North Mississippi Medical Center Wellness Center will offer Youth Fitness Mania for children ages 11-13 from 4:15-5 p.m. Tuesdays, Sept. 7-Oct. 12.

This six-week camp will challenge participants through “boot camp” using a variety of fitness equipment. Campers will learn about nutrition while challenging their current habits. The fee is \$50.

To register or for more information, call (662) 377-4147 or 1-800-THE DESK (1-800-843-3375) or stop by the NMMC Wellness Center at 1030 S. Madison St.