



public service ANNOUNCEMENT

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:60 PSA
Odessa College
“30 for 30 Fitness Challenge”
Please run through Tuesday, Sept. 1.

ODESSA COLLEGE INVITES YOU TO PARTICIPATE IN OC’S THIRD ANNUAL 30 FOR 30 FITNESS CHALLENGE AND THEY ARE CHALLENGING THE COMMUNITY TO MOVE MORE! EXERCISE FOR 30 MINUTES A DAY FOR 30 DAYS FROM SEPTEMBER 1 THROUGH THE 30TH. GET FIT AND HAVE FUN! OC’S 30 FOR 30 FITNESS CHALLENGE PARTICIPANTS MUST REGISTER AT THE OC SPORTS CENTER OR ONLINE AT WWW.ODESSA.EDU BY SEPTEMBER 1. YOU MUST BE 18 OR OLDER TO REGISTER. PARTICIPANTS WILL RECEIVE A FREE MEMBERSHIP TO THE OC SPORTS CENTER DURING THE CHALLENGE. PLUS, PARTICIPANTS WILL RECEIVE A FREE T-SHIRT, A LIST OF WALKING TRAILS, FREE ADMISSION TO THE WEEKLY LUNCH AND LEARN SERIES IN SEPTEMBER AND THE OPPORTUNITY TO WIN ONE OF THREE GRAND PRIZES. CALL 3-3-5-6-FIT THAT’S 3-3-5-6-3-4-8 FOR MORE INFO. 30 FOR 30 IS SPONSORED BY ODESSA REGIONAL MEDICAL CENTER, CITY OF ODESSA, 2010 WEST TEXAS CROSSROAD MARATHON AND HALF MARATHON, PHYTEX REHABILITATION & SPORTS MEDICINE ASSOCIATES AND OC WRANGLER CLUB. OC DELIVERS ... HEALTHY MINDS. HEALTHY BODIES. HEALTHY LIVES.