

YOU'RE INVITED

What:

Free Open Peer Support Gym for First Responders

Location:

Kilter Fitness and Community Health
20 Lake St Bristol NH 03222

When: Friday, July 30th 2021, 6-8pm

**Fire/
EMS
Personnel**



**Military
and
Dispatch
Personnel**

**FIRST
RESPONDER
/MILITARY
OPEN GYM**

On Friday, July 30th from 6-8pm Kilter Fitness and Community Health will be hosting its first "Open Peer Support Gym" for First Responders and Military personnel at the Bristol NH Facility. This is free to all responders and is just an opportunity to be around like minded people who get your f***ed up sense of humor! And if you have something that's been bugging you, feel free to chat! Check it out if you have time. Stay for 5 minutes or the whole 2 hours! Hope to see you then.