

---

# THOMAS MEMORIAL BAPTIST CHURCH

Grant Hignight, Pastor  
Westley Bruner, Minister to Students

Carol Haire, Minister of Music  
Billie Sue Radney, Ministry Assistant

## NEWS RELEASE

June 19, 2009

Thomas Memorial Baptist Church announces *The Personal Fitness Challenge*, a six week program for children who have completed grades three through six. *The Personal Fitness Challenge* will be Monday afternoons from 2:30-4:30 p.m. July 5-August 10, 2009. Sessions will be held in the TMBC Recreation Center, 1111 West Washington Street, Quincy.

Participants will engage in various physical exercises and activities designed to improve each individual's physical and emotional well being. Each individual will compete only with himself or herself by tracking his/her progress for the various exercises and activities throughout the six weeks.

Registration will be limited to the first forty (40) paid registrants. Registration forms can be obtained from the TMBC office, which is directly behind the church's sanctuary. Office hours are 8:30 a.m.-12:30 p.m. and 1:30-4:30 p.m. There is a fee of \$15.00 for each participant.

Please call TMBC at 627-8152 for more information. TMBC is located at 1001 West Washington Street, Quincy.

1001 West Washington Street  
P. O. Box 725  
Quincy, Florida 32353

Phone: (850) 627-8152  
Fax: (850) 627-9867  
E-mail: [contact@tmbcquincy.com](mailto:contact@tmbcquincy.com)

---