

FIT FARM



• CHALLENGE YOUR LIMITS •

Transforming your health, ensuring self care and so much more. Working together to change lives in our community

COMMUNITY WELLNESS DAY & SOUTHEAST COMMANDO CHALLENGE



8 COMMUNITY SERVICE HRS AVAILABLE

**SATURDAY
MAY 18**

**VOLUNTEERS NEEDED
FROM 6AM-2PM + 8AM-4PM**

Volunteer For A Health, Wellness & Fitness Day In Your Community!

Get all required 8 hours of community service done in one day at Fit Farm.

Come support our Community Wellness Day and the Southeast Commando Challenge!



SOUTHEAST COMMANDO CHALLENGE

This is the Green Beret Challenges' Team Race. It requires the participants to attack 8+ grueling miles as they push, pull, carry, climb or crawl their way to the finish line.



PRODUCT DEMONSTRATIONS

We have key areas allowing for an interactive experience, Various activities around our 160 acre property: the garden, demonstration kitchen, pond, pool, sand pit, etc.



FOOD AND BEVERAGE VENDORS

We will have designated food trucks for lunch. All food and beverage vendors will be given the options to set up in food truck area or randomly throughout festival area.

NEXT STEPS?

Contact our event coordinator & reserve your volunteer spot. First come, first serve.



We need volunteer assistance with:

- Help Direct Parking Flow
- Direct Guests on Property
- Give Out Property Maps + Give-Aways
- Tear Down & Clean Up

SIGN UP FOR ALL YOUR SEMESTER'S COMMUNITY SERVICE HOURS DURING A FUN & EXCITING DAY FOR SUMNER COUNTY



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<https://Fit.Farm>



@FitFarmTN

#FITFARMFURYEVENTS