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HEALTH & WELLNESS



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**June 19th 2019: Fit Fathers - Hard Working Dads
are Getting it in Too!**

Young boys look up to their fathers, young girls adore their fathers. As a father, or dad, what type of example are you setting for your children when it comes to taking care of self? We know that dad's responsibilities include being the provider, the leader, the protector and so much more! Dad is constantly taking care of his family as he should be, however, how well is dad taking care of dad? In today's show, we will talk with our very special guest, Harold Logan, and he will share with us the importance of being a "Fit Father."



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Featured Guest



Harold Logan

Harold Logan III has been working as a healthy living coach and personal trainer for over 3 years. He provides Team Building Workshops, 1 on 1, group, and couple's coaching.

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