



Trilogy

The M.O.G.

Medically Oriented Gym

COMMUNITY HEALTH CELEBRATION

20 YEARS OF THE MOG!

Event Details

Wellness Goodies

Take home a complimentary wellness bag filled with tools and tips to support your health journey.

Expert Guidance

Speak with our physical therapists and exercise specialists for personalized health and fitness advice.

Community Connections

Explore additional local resources to help you achieve your wellness goals.

Celebrate With Us

Enjoy light refreshments as we mark 20 years of health and wellness at the Medically Oriented Gym.

DON'T MISS IT!



LET'S GO BUFFALO!

Every attendee is entered for a chance to win a pair of Buffalo Bills Wildcard game tickets!



Sunday, January 5th
9:30am - 12:00pm

1801 Grand Island Boulevard
Grand Island, NY 14072

RSVP BELOW!



(716) 773-1600



INFO@MYTRIOLOGY.ORG

We're deeply grateful for the support and dedication that have made this milestone possible and look forward to an even healthier and stronger future together. Let's honor the past and inspire the next 20 years of wellness!