Join us for this fun and interactive health education program for individuals of ALL ABILITIES!

GET FIT. BE SMART. DON’T START.
WE WILL MAKE HUNDREDS OF DECISIONS EACH DAY.
What to wear? What to eat? What to text?
Some decisions are more important than others and can have a lasting effect on your life. Being the best YOU takes time and effort, and you are certainly worth it.

- 45-minute presentation presented by Melissa Hounshell (Markey Community Outreach Director) and Morgan Turner (HDI Health Education Specialist)
- Participants experience a "hands-on" program
- Post surveys evaluate effectiveness
- Opportunity to sign up for a Spring screening event at Markey
- We provide participants with a bag, pedometer, water bottle, and small items as available such as band aids, hand sanitizer, and toothbrushes as a thank you for participation!

TO REGISTER, PLEASE FOLLOW THIS LINK AND COMPLETE THE FORM:
http://bit.ly/GetFitBeSmartDontStart