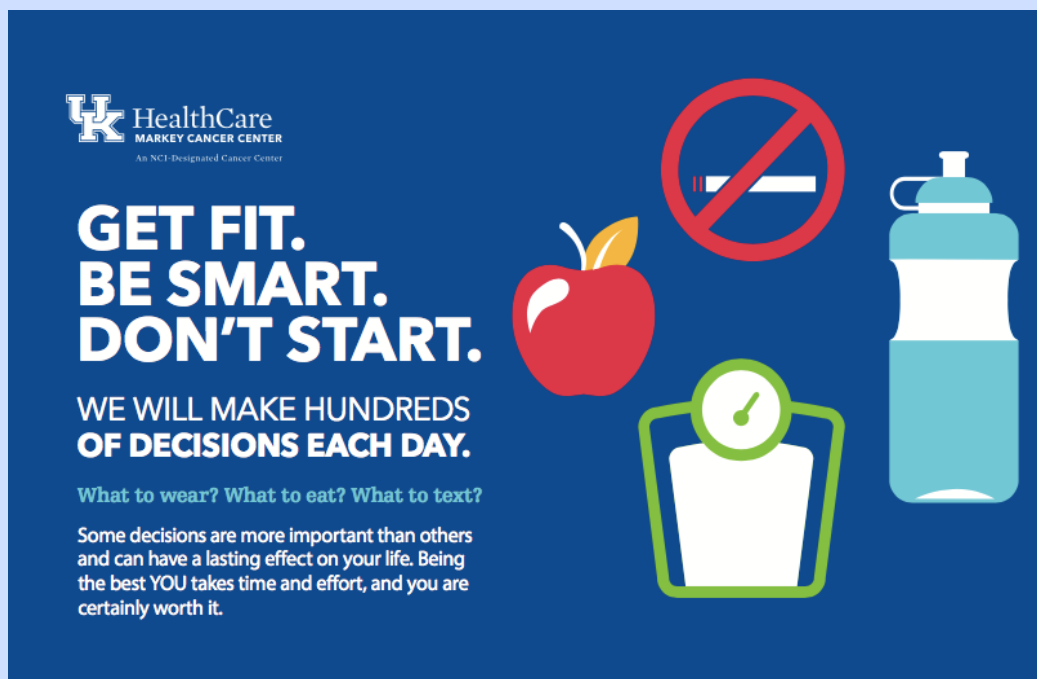


Join us for this fun and interactive health education program for individuals of ALL ABILITIES!



- 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 bandaids, hand sanitizer, and toothbrushes as a thank you for participation!

TO REGISTER, PLEASE FOLLOW THIS LINK AND COMPLETE THE FORM:

<http://bit.ly/GetFitBeSmartDontStart>