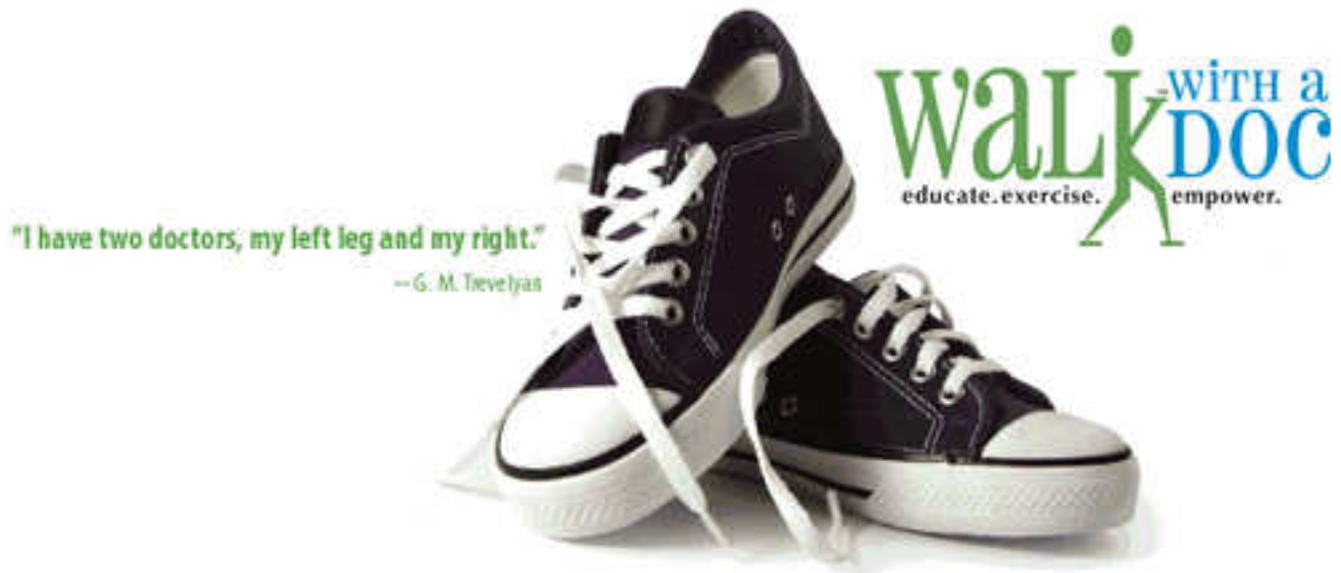




KIDS TIME!

Take a **STEP** toward better **HEALTH**



Walking for as little as 30 MINUTES A DAY can:

- Reduce your risk of coronary heart disease
- Improve your blood pressure and blood sugar levels
- Elevate your mood
- Reduce your risk of osteoporosis, cancer and diabetes

TIME: 9:30 AM – 10:30 AM

DATE: Saturday, 11 May 2019

LOCATION: Sparks Marina, 300 Howard Dr, (blue gazebo)

TOPIC & SPEAKER: Busy Parents and Exercise! Karen Wagner, APRN

Bring water, wear sunscreen, and be dressed appropriately for the weather!

FREE!