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Palm Health® FOUNDATION

March 1 - 31
2025
LetsMovePBC.org

LET'S MOVE!
Palm Beach County
Commit to Change

LET'S MOVE:
COMMIT TO CHANGE PHYSICAL ACTIVITY CHALLENGE



ENGAGES
Palm Beach County residents in a friendly competition through the month of March with the goal of promoting physical activity and healthy behaviors!

LET'S MOVE
invites Palm Beach County residents to form teams and get moving together- commit to exercising at least 30 minutes a day, and log your minutes!

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