



FIT WELLNESS *Series*

FOREVER IMPROVING THROUGH WELLNESS

Our health is one of our most important assets for living a quality life, but sometimes we don't know where to start.

This 6-week series focuses on making healthy choices, by focusing on strategies that work. Learn and use these strategies for long-term success.

SESSION 1: What's My "Why"?

SESSION 2: Nutrition 101

SESSION 3: What's Health Got to Do with It?

SESSION 4: Reading Food Labels

SESSION 5: Being Physically Active

SESSION 6: Putting it all Together

Tuesdays June 19-July 24

10:00-11:30AM

Mary Jane Arrington Center

(Vance Harman Park)
625 Country Club Drive
Kissimmee, FL 34758

Cost is \$15 per person

Participants may bring 1 family member/friend for FREE!

Participants must be at least 14 years old

Pre-register at:

<http://ocfcs.eventbrite.com>

This program is coordinated by UF/IFAS Extension in Osceola and Polk Counties. If you have any questions, please contact Gabi at 321-697-3005 or Andrea at 863-519-1041