



Community Wellness Challenge 2

Come and join the fun in this 8-week community challenge. Everyone is welcome: families, individuals, schools and worksites. The challenge will promote vegetable and fruit intake, activity and healthy weight. There is no fee for the program.

The Program runs from February 5 – March 31, 2012

For more details visit www.fitup.org

Gwinn and surrounding areas:

Mondays at 5:30pm, Gilbert Elementary School

Ishpeming and surrounding areas:

Mondays at 6:30pm, Bell Hospital

Marquette and surrounding areas:

Tuesdays at 7:00pm, YMCA of Marquette County

Negaunee and surrounding areas:

Tuesdays at 6:30pm, West End YMCA

Special Community Walking Event

Superior Dome • February 1, 2012 • 6:00 - 7:30 pm

Registration and walking program information will be available.

Making the Healthy Choice the Easy Choice

www.fitup.org

For further information
please contact:

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