



*Here's to Your
Health*

Whole Body Health — A Celebration of Wellness

Wednesday, May 6 from 5:30 to 9 p.m.

Kettering Recreation Complex, 2900 Glengarry Dr., Kettering

Be healthy for life! Learn ways to improve your health, reduce risk of chronic disease and live a happier life. Lecture choices include a healthy cooking demonstration; the HPV vaccine and ways to decrease risk of cancer; ACL injuries treatment and prevention; and how to develop an efficient exercise routine. Additional features include a healthfair with screenings and ways to manage a stress-free lifestyle. This event is being provided in collaboration with Kettering Health Network, the Ohio Department of Health, Office of Healthy Ohio, Bureau of Health Promotion and Risk Reduction, Violence and Injury Prevention Program, and Wright State University's Center for Healthy Communities AHEA Region IV.

This is free to the public, including babysitting services and a one-week KRC fitness pass.

To register, call (937) 296-2587
Registration # 221990-A (13 years+)



*In recognition of Woman's
Health Week*