

Fitness Support Group Be **INSPIRED**

6 Sessions of inspiration, advice, fun and wellness!

Wednesday, March 12th- Motivation Party! Food, fun and encouragement

Wednesday, March 26th- Meal Planning...Learn how to make meal plan work for your family!

Wednesday, April 9th- The secret to making time for fitness

Wednesday, April 23rd- Try some new healthy recipes...hmmm

Wednesday, May 7th- How movement fuels brain power.

Wednesday, May 21st- Photo Challenge. Last session

Meet in the Public Health Kitchen @ 12. Come to all or just a few Sessions. For more info contact Jayme @ jgreen@sagchip.org or 775-4696.

