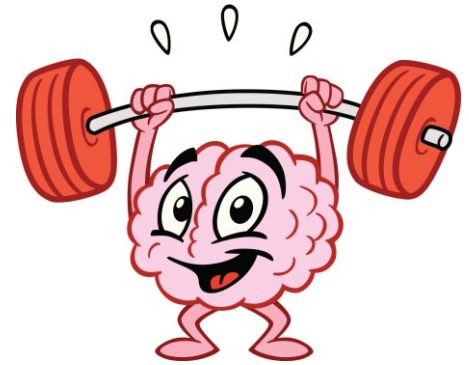


HEALTH & FITNESS CHALLENGE

Three Corners Health Services Society is challenging the communities to take steps toward Healthy Living this spring!

Here's how it works:

1. Meet with Kayla on dates below to check-in on your progress, or start your challenge if you haven't already joined
2. Try to reach the goals that you've set for yourself by eating healthy, exercising, etc.
3. Follow up with Kayla again March 5-7 during Hearts @ work, and March 26-28 for your final weigh-ins!



Goal Setting Dates in Community:

Tuesday, February 5, 2019 — Soda Creek Health Station (11:00 am—2:30 pm)

Wednesday, February 6, 2019—Canoe Creek Health Station (10:30am—12:00pm)
— Dog Creek Health Station (1:00 pm—2:30 pm)

Thursday, February 7, 2019— Sugar Cane Health Station (11:00 am—2:30 pm)



**For more information, please contact
Kayla at 250-398-9814**