

Lose the summer fluff and beat the winter blues. Join this Six-Week Fitness Challenge for fun exercise and healthy eating tips. Participants will receive information on exercise and simple snack ideas to keep you motivated each week!

FALL INTO FITNESS

September 25, 2017-November 10, 2017

Deadline to Sign-Up: September 15, 2017

Registration: \$5.00

PROGRAM CONTACT:

Renee Harvey

Family and Consumer Sciences Agent

North Carolina Cooperative Extension

Beaufort County Center

155-A Airport Road

Washington, NC 27889

Phone: (252) 946-0111

