



Take the stairs today



Drink more water



No fast food this week



Skip one smoke break



Try yoga



Say no to dessert tonight



Take up tennis



Have fruit with lunch



Walk the dog



Join a health club



Go with light beer



Ride bike to work

# Healthy choice, big difference.

(pick an activity above and start today!)

## Join us for a Free Community Picnic

FirstLight Health System - Mora Clinic  
Wednesday, May 15th • 11:30 am - 1:00 pm  
301 Highway 65 South, Mora

### Event Activities

- Yoga/Exercising
- Gardening Tips with Michelle Jebben
- Yard Games
- NuVal with Dean Randt
- WellnessFirst screenings
- Massage station
- Dine with a Dietitian

### Healthy Menu:

Grilled chicken sandwich

Pasta California salad

Fresh veggies w/ dip

Water, milk, cookies

**FirstLight**  
HEALTH SYSTEM