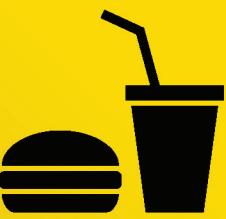




Take the
stairs today



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 Jebsen
- Yard Games
- NuVal with Dean Rondt
- 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