



EMPOWER THE WORKFORCE

GET FIT AT LUNCH, BE FIT AT WORK

*A LIFE FOUNDATION &
CHAMBER OF COMMERCE CROSS PLAINS PROGRAM*

WANT TO BE FIT? WANT TO IMPROVE YOUR NUTRITION AND INCREASE ACTIVITY? WANT TO MAYBE LOSE A FEW POUNDS AND LOWER YOUR DISEASE RISK? THIS PROGRAM CAN HELP. MEET WITH OTHERS WEEKLY IN A SOCIAL SUPPORT ENVIRONMENT AND LEARN NUTRITION AND FITNESS TIPS. WALK OVER YOUR LUNCH HOURS WITH OTHERS EQUALLY MOTIVATED. FOR MORE INFO CALL JANE BUSCH AT 608-798-4308

Open to Chamber members and their employees

Orientation
Tuesday, May 30
Lunch hour weekly meeting at the library on Mondays
June 5 – August 7
Tuesday & Thursday group walks

Course is free, funded by a UWSPMPH WPP grant

Sign up today, email us at crossplainslife@gmail.com or amy.cpchamber@yahoo.com



crossplainslife.org



crossplainschamber.net

