



5TH ANNUAL MAYOR'S 2017 FITNESS CHALLENGE

Anyone interested in joining the Fitness challenge can still register by calling 330.659.9201 extension 234 or you can send an email to dbluso-rogers@richfieldvillageohio.org. Listed below are the 2017 activities that are sponsored with our partner, UH Ahuja, to promote healthy lifestyles.

- Saturday, May 13** **FAMILY FUN WALK ON THE CARTER PEDIGO TRAIL**
9:30 a.m. Sign Up at the Richfield Library Parking Lot
10:00 a.m. Walk
- Wednesday, May 17** **CPR/AED CLASS**
6:00 to 9:00 p.m.
Sign Up by emailing Barbara.rude@UHhospitals.org
- Wednesday, June 14** **HEALTHY FOOD DEMO**
6:00 to 7:30 p.m. Masonic Hall
Nutritional information class with Abraham Nabors of Mustard Seed Market along with UH Ahuja Chef John Selick
- Wednesday, July 12** **YOGA ON THE LAKE AT EASTWOOD PRESERVE**
6:15 p.m. Yoga with Melissa Cugini, Nirvana Yoga.
Please bring a towel or Yoga Mat.
- Sunday, August 13** **FITNESS CHALLENGE WRAP-UP AT RICHFIELD WOODS ON COMMUNITY DAY**
1:00 to 4:00 p.m. To celebrate our good health!



The goal for participating individuals is to achieve at least 30 minutes of exercise per day, at least 4 days per week. There will be Wellness Checkpoints on the dates and at the locations listed above. Participants who achieve their goal, will receive a participation award at Richfield Community Days.

Warmest regards,

Bobbie Beshara

