



6TH ANNUAL MAYOR'S 2018 FITNESS CHALLENGE EVENTS

Saturday, May 19

1 Mile Family Fun Walk/Run.
Sign up at **9:30AM** at Richfield Woods Park.
Walk begins at **10AM**.

Wednesday, June 13

Healthy Cooking.
5:30PM to 7:00PM at Masonic Hall.

Wednesday, July 11

CPR & AED Class sponsored by UH **6PM to 9PM**
Richfield Village Hall, 4410 W Streetsboro Rd. Please
email Barbara.Rude@UHhospitals.org to register.
Include your name, number, address and email.

Wednesday, July 18

Yoga at the Lake from **6:15PM to 7:30PM** at the
Eastwood Preserve. Please bring a towel or yoga mat.
Location subject to change to Senior Center if
inclement weather.

Sunday, August 12

Fitness Challenge Wrap-Up, including participation
award, from **1PM to 3PM**.



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 starting April through July. Participants who achieve their goal, will receive a participation award at Richfield Community Days.

Register for health and wellness activities any time during this challenge at the Village Hall or call 330.659.9201 extension 234.

