

Healthy Habits for Life!



Join us for the Healthy Habits for Life Program. These **FREE** and informative sessions will help you get started down the path to a healthier you. Register now, seating is limited.

Fridays, April 26th- May 17th

10:30am-11:30am

Lillington Community Center

607 S 13th St, Lillington, NC

Attend 3 out of the 4 sessions and be entered into a drawing for prizes! Program topics will include the following:

- Healthy Eating Tips
- Examining the Facts: Nutrition Labels
- Let's Get Physical: Tips to Get You Moving More
- Rethink Your Drink: Be Aware of the Sugar in Your Drinks

To register:

**Harnett County Health Department
910-814-6196**

Registration deadline: Monday, April 22nd

