



Healthy Habits for Life

Join us for a free *virtual program* that will help you get started down the path to a healthier lifestyle.

Tuesdays, June 15th-July 6th
12:00pm-1:00pm

Week 1: Examining the Facts: Food Labels

Week 2: Rethink Your Drink

Week 3: Ways to Beat Stress

Week 4: Move More, Sit Less

All participants will receive a goody bag!

To Register:

Harnett County Health Department

910-814-6196 or

www.surveymonkey.com/r/HCHDHealthyHabits

Register by June 11, 2021



Harnett
COUNTY
HEALTH DEPARTMENT