



Be Healthy Now 2012

Need to lose a few pounds?
Want to look better
in your summer clothes?

Join us for the 2012 Be Healthy Now
Challenge for Fitness.

Kick Off		
Saturday, March 17	Findlay Village Mall – near J.C. Penney store	10 am – 12 noon
Health Fair, Nutrition Displays, Cooking Demonstrations, Presentations, Door Prizes		
Weigh Ins		
March 17	Findlay Village Mall (during kick off)	10 am – noon
March 19	County Health Dept., 7746 CR 140	7 – 9 am
March 20	City Health Dept., 1644 Tiffin Ave.	11 am – 4 pm
March 20	Findlay Family Y.M.C.A. , 300 E. Lincoln St.	6 – 9 pm
March 21	OSU Extension Hancock Co., 7868 CR 140	8 am – 6 pm
March 22	OSU Extension Hancock Co., 7868 CR 140	7:30 am – 4:30 pm
March 23	OSU Extension Hancock Co., 7868 CR 140	8 am – 4:30 pm

Educational Sessions on Nutrition and Fitness

Prizes – Individual & Team Prizes for greatest % of weight loss

Prizes for Family & Youth Organization divisions will be activity based (not on weight loss).



Categories

- **Family:** 1 or 2 adults over 18 years and any children under 18 years. Registration fee = \$10
- **Youth Organizations:** 1 or 2 adults and any number of youth. Registration fee = \$10
- **Individuals:** any adult 18 years or older. Registration fee = \$5
- **Team:** 4-6 adults age 18 years or older. Registration fee = \$5 per person

For more information contact Barbara Brahm at Ohio State University Extension Hancock County.
Phone: 419-422-3851 or check out the web site <http://hancock.osu.edu>