

HEALTH AWARENESS & FUNACIZE



CW Caroline Brown

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EDUCATION/TV COMMITTEE



Let's Talk Health

Nettalk Walkability – Let's Create Healthy Talk Together

Join Nettlek Walkability –Let's Talk Health

Let's get Healthy - Lose a 1lb.

Join our 6-Week Mission to lose a 1lb, share information, ideas and get healthy. We're looking for like-minded, dedicated and motivated community to share health secrets to achieve individual personal goals.

After our Zoom Nettlek Walkability exercise, our group will discuss the best methods for getting healthy and weight loss. Members will motivate each other to keep on, keeping on to accomplish their own personal goals.

Together, great health tips will be discussed. Please note that the Education/TV Committee is not personally sponsoring any health tips discussed. Because it's shared community informational health tips, we ask you to seek your doctors' advice before partaking in any dietary program or trying any health tips discussed.

Let's get motivated and accomplish personalized goals. Please sign up at:

cbrown@capitolheightsmd.com

A conversation about getting healthy and staying healthy.

Join Nettlek Walkability –Let's Talk Health

Start: October 25, 2021 **End:** November 29, 2021 **Time:** 7:30 am – 8:00 am

Education/TV Committee * cbrown@capitolheightsmd.com * 301-793-1386

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Nettalk Walkability -- Walk, Share & Get Healthy

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The purpose of Nettlek Walkability is to join like-minded, energized, dedicated and motivated community to achieve individual personal goals.

The exercises will consist of walking via zoom, in your own environment (whether it's outside or in your home), while getting healthy and networking with others.

If you need motivation and inspiration and are truly dedicated to accomplish your goals, we welcome you to join us. Members will: 1) Log in via Zoom; 2) Participate in a Nettlek Walkability exercise; and 3) Motivate others to keep on, keeping on to accomplish their own personal health goals.

CommUNITY

What's your goal?

Let's get healthy with

Funacize to achieve them?

CommUNITY

Do you need *Motivation* to accomplish healthy Goals? Then, join our CommUNITY team!

Remember, it's easy to start something, but hard to continue, especially if you're doing it alone. We seek to motivate, inspire and persuade one another to keep on, keeping on to accomplish your own *individual* goals.

If your truly *dedicated* to get healthy with funacize? We would love to have your company! Join us!

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