



# Healthy Green

## Healthy Green 8-Week Health Challenge

September 8 – October 27, 2018

Don't stop moving now that fall is coming! Join us for the Healthy Green 8-Week Health Challenge to learn about important health topics and take charge of your health!

Each week includes a 30-40 min health talk on topics like: healthy eating, exercise topics, hypertension, managing stress, good sleep for good health and more! Earn points for each session you attend as well as other "Healthy Green" events! The top three point earners win prizes! New participants to the Healthy Green 8-Week Health Challenge may access Lifestyles in Green up to three times a week to exercise during the challenge! Look for weekly raffles and a wide variety of resources to help keep you learning, moving and motivated!

**Screenings: Sat. September 8, 8:00-10:00a. @ Cleveland Clinic Akron General LifeStyles**  
(Blood pressure, height, weight, BMI)

**Sat. October 27, 8:00-10:00a @ Cleveland Clinic Akron General LifeStyles**  
(Blood pressure, height, weight, BMI)

**Weekly Classroom Sessions: Tuesdays, Sept 11-Oct 23, 6:00-7:00p @ Cleveland Clinic**  
**Akron General LifeStyles, Green**

**Top three point earners will win a 1, 2 or 3-month membership to LifeStyles! Attend BOTH screenings and ALL 7 classroom sessions to be entered into a drawing for a Ninja Food Processing System (valued at \$100) to be drawn on 10/27/18!**

**Winner will be notified by 11/5/18.**

**See topic schedule on back!**



DATE	SPEAKER	TOPIC
9/11/18	LifeStyles Staff	New Member Orientation & Challenge Rules
9/18/18	Ken Mason	Healthy Sleep: Good Health Starts with Good Sleep
9/25/18	NuFit experts	Meal Planning 101 / Benefits of Group Exercise & Personal Training
10/2/18	Lori Lyons	Stress Management
10/9/18	Michelle Boltz	Eat for your Life
10/16/18	Ryan Collins	Hypertension
10/12/18	NuFit experts	Healthy Snacks to Go / Importance of Flexibility & Range of Motion
10/27/18 8a-10a	<i>No speaker scheduled</i>	Post-Program Screenings Call 330.721.5992 to schedule time slot

**Join Healthy Green in 2018!**  
**Contact Sarah at [sarend@ccf.org](mailto:sarend@ccf.org) or 330.721.5992 for more information!**