



Healthiest Manitowoc County On the Move!

Healthiest Manitowoc County is committed to getting you on the move this summer with over 14 weeks of community activities. There are many great programs to help you achieve a healthy lifestyle, from fitness classes to farm tours. Now you can try them out and win prizes!

Explore the many low- or no-cost nutritional and physical activities planned, including:

- ▶▶ Nature Hikes
- ▶▶ Community Garden Work Days
- ▶▶ Fitness Classes
- ▶▶ Golf Lessons
- ▶▶ Strawberry Picking
- ▶▶ And more...

Move & Win

For every activity you attend, you'll receive one entry into the prize drawing. The more active you are, the better your chance to win.

- ▶▶ On the Move runs April 30-August 7
- ▶▶ Complete an entry form at each event to enter drawing
- ▶▶ Winners announced at Lakeshore Weekend for Kids

For more information and to view the complete schedule of events visit www.healthiestmc.org/OntheMove

