

# FAMILY FUN & FITNESS DAY

Everything you need for a day of family fun, healthy awareness, and trying out something new! And this year, we're going to Move!

Get ready to **MOVEN2WELLNESS**

**NEW THIS YEAR: "Walking for Fitness"** benefits of walking (heart health, manages blood pressure, etc.); preparing yourself before walking; designing a program to get started.

**NEW THIS YEAR: Fun Basketball Activities** – "High energy, unique, competitive, and a lot of fun!"

**BACK BY POPULAR DEMAND: Wipe Out Inflatable** - Two spinning booms rotate to challenge participants in a game of endurance.

**NEW THIS YEAR: Cardio Fitness Drumming** – "Connect with your true rhythm in life when we combine drumming, music, rhythm and movement.

**NEW THIS Year: Giant Jenga Contest** – "A game that requires both logic and some physical skill. Which block would be the best to pull out? Your hand will have to remain steady."

## Fitness Challenges

– Frisbee Toss, Hula Hoop, High Striker, Push-up, Sit-up, and Step-ups

Fitness challenges to support LUPUS Foundation, Alzheimer's Association, American Diabetes Association (ADA), Leukemia & Lymphoma Society (LLS), Multiple Sclerosis (MS), and Alex's Lemonade Stand Foundation (ALSF)

AND MORE!



Independence

This year's featured Workshop  
Mental Health Benefits of a Social Media Vacation

## TIPS & INFORMATION

### BENEFITS INFO



### HEALTH SCREENINGS



### JOB SAFETY INFO



### FINANCIAL WELLNESS



### KIDS ZONE

