

You're Invited!

Power Up in "10"



Strength training for community health leaders

Learn ten power moves that can change your year!

"Power Up in 10" is a new resource available to you through the Network for a Healthy California.

It's a great start to getting your daily physical activity!

It is a good way to build up your muscular strength and endurance!

And, it is a fun way to exercise!

Learn how to use this resource to:

- Integrate physical activity into your nutrition programming
- Promote safety in community health settings
- Enhance daily physical activity for seniors

Wednesday, April 13th
9:00 a.m. – 12 noon

Marin City Senior Center

640 Drake Avenue

Sausalito, CA 94965

PLEASE RSVP BY APRIL 11, 2011:

Cheryl Davis 707-372-8129

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Chronic Disease and Injury Prevention
Public Health Department

