

# Spring into Health

## Just Outside Your Door



**APRIL 8 - MAY 6**

A healthy lifestyle begins with eating nutritious foods and physical activity. Thankfully, there are many local opportunities to do just that. This spring, the **Piedmont Community Health Coalition** invites you to discover healthy eating and active living in your own neighborhood!



### WIN

- **The new Fitbit Alta**
- **Fitbit Charge + Heart Rate Monitor**
- **2 passes to the Adventure Park at Sandy River Retreat**
- **1 month fitness club membership at any Progressive Therapy location**
- **1 month membership to Central Virginia Community Health Center**
- **\$50 gift card to purchase pastured pork products from Ripley Creek Farm**
- **1 month membership to Southside Virginia Family YMCA**
- **And much more...**

The Piedmont Community Health Coalition is a seven county health and wellness initiative led by a group of community leaders committed to changing the policies, systems, and environments that affect our neighborhoods, health care institutions, community organizations, schools and workplaces in order to improve the health of citizens living in the Piedmont Health District

**Turn over more information**



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**Friday April 8, 2016 – Friday May 6, 2016**

Program Description: As a kick-off to the Piedmont Community Health Coalition's annual activity, Spring into Health is designed to help you discover healthy eating and active living resources available in your own community. Spring into Health is open to individuals and families. Participants will receive one raffle ticket for every activity completed. Each activity is a chance to win which means the more you participate, the more chances you have to win great prizes!

### Registration Required!

To register, please contact the Prince Edward Extension office.

Physical address: 100 Dominion Drive, Farmville, VA 23901

Phone: 434-392-4246 Email: [cgracem@vt.edu](mailto:cgracem@vt.edu)

While there is no end date for registration, the last day to complete activities is May 6<sup>th</sup> by 12 PM.

When registering, you'll receive a complete, detailed list of participating activities. All activities are available for **FREE** for Spring into Health participants! Examples include:

### Classes & Workshops

- "Introduction to Geocaching"  
Longwood University & Virginia State Parks
- "Poor Posture Resulting in Pain and the Benefits of Stretching"  
Progressive Therapy
- Boot Camp, Zumba Fitness, Aqua Zumba  
Fitness Journey with Patsy Watson
- "Grow Your Own" Vegetable Gardening Workshop  
Prince Edward Cooperative Extension
- Yoga, Pickleball  
Town of Farmville Parks & Recreation
- Healthy Kids Day  
Southside Virginia Family YMCA

### Places to Visit

- James River State Park
- Farmville Community Marketplace
- Heart of Virginia Farmers Market
- Central Virginia Community Health Center & Beulah M. Wiley Fitness Center
- High Bridge Trail
- Virginia Cooperative Extension Family Nutrition Program Community Garden

Use this cut-out to identify yourself as a Spring into Health participant or pick up a laminated version at the Prince Edward Extension Office.



**Spring into Health  
Participant**

(name)