



Shelby City
Health Department
Live Healthy. Stay Healthy.

APRIL 30, 2016

Hike For Health



Please join us in our first bi-annual hike for health. The leading causes of death in Ohio are often preventable through changing your behaviors. Shelby City Health Department would like to encourage the community to *live healthy and stay healthy*. This hike for health is for the whole family or individuals.

Healthy snacks and bottled water will be provided to participants.

Please contact us at 419-342-5226 if you plan to attend so that we can prepare. EVERYONE is welcome to join us.

Dress for the weather , and possibly the mud!!

Hike for Health with the

Shelby City Health Department on

APRIL 30, 2016 10am-12pm

April 30, 2016 from 10am to Noon

LIVE HEALTHY. STAY HEALTHY.

Location: Reservoir 3 on London East

Shelby City Health Department
43 W. Main Street
Shelby, Ohio 44875

Phone: 419-342-5226
Fax: 419-342-3085
E-mail: andreaabarnes@shelbyohio.org

Event is RAIN or SHINE, Please Dress Properly

SAVE THE DATE : OCTOBER 15, 2016

FOR A 2ND SHELBY HIKE FOR HEALTH