



**Shelby City**  
Health Department  
*Live Healthy. Stay Healthy.*

FEBRUARY 11, 2017

# Winter Hike For Health



Please join us in a winter 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 have questions. EVERYONE is welcome to join us.

Dress for the weather, and possibly the mud!!

## Hike for Health with the

## Shelby City Health Department on

2017 9am-11am

## February 11, 2017 from 9am to 11am

**LIVE HEALTHY. STAY HEALTHY.**

## Location: Reservoir 3 on London East

Shelby City Health Department  
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Shelby, Ohio 44875

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**Event is RAIN SNOW or SHINE, Please Dress Properly**

KEEP AN EYE OUT FOR FUTURE SHELBY CITY HEALTH DEPARTMENT HIKE FOR HEALTH

2017 EVENTS. Like us on FaceBook @ Shelby City Health Department