Cleveland Clinic | LET'S MOVE IT!

Fit in Fairview

Healthy Nutrition Edition

The Healthy Community Initiative is a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness. Based on the community health needs assessment and utilizing combined resources within our local communities, Healthy Community Initiative programs will be customized around three core areas: education, nutrition and physical activity

A Healthy Communities Initiative sponsored by the Cleveland Clinic, Gemini Recreation Center and local businesses.

WHERE: Gemini Recreation Center
21225 Lorain Ave., Fairview Park, 44126

WHEN: January 12 through March 2 | 6 p.m.

Make eating healthy a 2015 resolution, and learn how to do it right with a team of experts! This challenge will combine a weight-loss/walking initiative with healthy nutrition instruction over eight weeks, with experts from Cleveland Clinic, Heinen's and local restaurants.

Prizes of $100 plus $50 Gemini cash will be awarded to those with the most weight loss and class participation in the following age groups:

- 13 to 18 yrs
- 19 to 30 yrs
- 31 to 50 yrs
- 51+

COST: $10 per person (proceeds benefit the Gemini Center).

Register online at activityreg.com and click on Ohio, then Fairview Park, Adult Fitness, Fit in Fairview.

Space is limited to 100 participants.

A GREAT PLACE TO GROW

FAIRVIEW PARK RECREATION @ the gemini center

heinen's