

A Health Education Series

Free Event!

Featured Guest:
CR Petersen, M.Ed.



Topic:
**Make Exercise
Part of Your
Natural Routine**



August 28th, 2014
6:00p.m.
Snake River Community Clinic
215 10th St. Lewiston



Adults, aged 18-64, need at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity every week. Adults also need to engage in muscle-strengthening activities, that work all major muscle groups, at least 2 days a week.

Source: Centers for Disease Control & Prevention <http://www.cdc.gov>



For more information, contact Deb Merica at
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www.idahopublichealth.com