

A Health Education Series

Free Event!

Featured Guest:

**Trevor Kauer, Nutrition Advisor
U of I Extension**



Topic:

GET MOVING!



**July 9th, 2015
6:00 p.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
Public Health-Idaho North Central District (208) 799-0379

www.idahopublichealth.com