

Movement Is Life

with Kenny Jowers

El Movimiento Es Vida

Learn How Exercise Can Improve Your Health
Aprenda Cómo El Ejercicio Puede Mejorar Su Salud

Did you know physical activity is the leading way to prevent chronic disease? Regular exercise has been shown to improve cardiovascular fitness, decrease blood pressure and will help you to lower your risk of serious health conditions. This free workshop is being offered by the Mendonoma Health Alliance.

Meet with our local certified fitness expert, Kenny Jowers, owner of Physical Gym.

Reúnase con nuestro experto en acondicionamiento físico certificado local, Kenny Jowers, propietario de Physical Gym.



¿Sabía que la actividad física es la forma principal de prevenir las enfermedades crónicas? Se ha demostrado que participando en ejercicio regularmente mejora la capacidad cardiovascular, reduce la presión arterial y ayudará a reducir el riesgo de enfermedades graves. Este taller gratuito es ofrecido por Mendonoma Health Alliance.

Wednesday, August 29

Miércoles, 29 de agosto

5:00 – 6:30 PM

Manchester – Garcia Guild

**Wear Comfortable Clothing & Invite
Your Friends!**

MHA
MENDONOMA HEALTH
ALLIANCE

For more information, call MHA at (707) 412-3176 x102
or email us at info@mendonomahealth.org