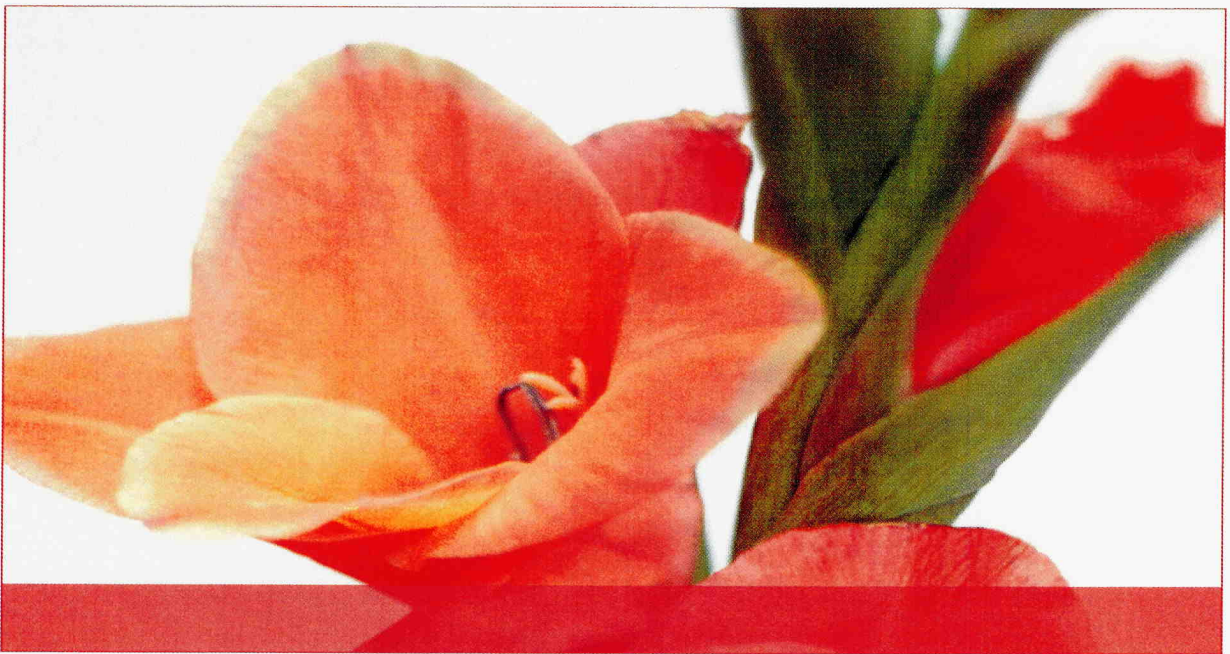


HEALTHY LIFESTYLE PROGRAM

APRIL 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Kickoff and Orientation (6:00 P.M. - 8:00 P.M)	4	5	6	7 Health Screening (1:00 P.M. - 8:00 P.M)	8
9	10 Nutrition on Demand (6:00 - 8:00P.M)	11 Fitness Exercise (6:00 P.M. - 8:00 P.M.)	12	13	14 Walking Club (6:00 P.M. - 8:00 P.M.)	15
16	17 Walking Club (6:00 P.M. - 8:00 P.M.)	18 Fitness Exercise (6:00 P.M. - 8:00 P.M.)	19	20	21 Walking Club (6:00 P.M. - 8:00 P.M.)	22 Healthy Food Shopping Trip (10:00 A.M.)
23	24 Nutrition on Demand (6:00 - 8:00P.M)	25 Fitness Exercise (6:00 P.M. - 8:00 P.M.)	26	27	28 Walking Club (6:00 P.M. - 8:00 P.M.)	29
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HEALTHY LIFESTYLE PROGRAM

MAY 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walking Club (6:00 P.M. – 8:00 P.M.)	2 Fitness Exercise (6:00 P.M. – 8:00 P.M.)	3	4	5 Walking Club (6:00 P.M. – 8:00 P.M.)	6
7	8 Obesity & Risk Factors Workshop (6:00 P.M. – 8:00 P.M.)	9 Fitness Exercise (6:00 P.M. – 8:00 P.M.)	10	11	12 Walking Club (6:00 P.M. – 8:00 P.M.)	13
14	15 Walking Club (6:00 P.M. – 8:00 P.M.)	16 Fitness Exercise (6:00 P.M. – 8:00 P.M.)	17	18	19 Walking Club (6:00 P.M. – 8:00 P.M.)	20 Healthy Food Shopping Trip (10:00 A.M.)
21	22 Nutrition on Demand (6:00 – 8:00P.M)	23 Fitness Exercise (6:00 P.M. – 8:00 P.M.)	24	25 Walking Club (6:00 P.M. – 8:00 P.M.)	26 Final Screening, Recognition & Award (6:00 P.M. – 8:00 P.M.)	