



LET'S MOVE BLAIR COUNTY DAY!

Thursday, August 19 from 4:30 to 7:30 p.m.

Join us at



OUR GOAL

Promote a healthy Blair County by bringing awareness to the public about the Let's Move Blair County initiative and the importance of wellness.

OUR FOCUS

Encourage our residents to make healthier lifestyle choices, including nutrition, physical activity, and mental wellness as well as share available local resources.

- Health Fair/Screenings • Family Wellness Activities including
- Corn Hole Toss • Seed Planting for Kids • Scavenger Hunt • Walking Trails
- Obstacle Course (Designed by the Blair Regional Y) • And Awesome Health-Related Prizes!



We are also partnering with the Lung Disease Foundation as they host their annual Beacon of Light Walk to raise awareness of lung diseases. *Registration only \$10.*

For Registration Form please email Sherri Stayer at sherris@altoonalungspecialists.com or call 814-946-2845.