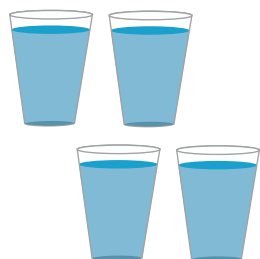


KNOW YOUR NUMBERS

and follow the equation everyday
to become a healthier you!



4

sixteen ounce
cups of **water**



6

serving of **fruits**
and **vegetables**



0

tobacco use



4

positive thoughts



1

Hour of **physical activity**
*5 days a week

FREE HEALTH SCREENINGS

- ***Body Mass Index Calculations***
- ***Blood Sugar***
- ***Blood Pressure***
- ***Nutrition Education***
- ***Physical Fitness Advice***

8 Locations throughout Indiana

YMCA

950 South Maish Rd.
3rd Wednesday every Month
(9:30– 11:00 a.m.)

Stone Soup Food Pantry

114 North Main St.
3rd Monday every Month
4:00–5:00 p.m.

Paul Phillippe Resource Center

401 West Walnut St.
4th Thursday every Month
(10:30– 11:30 a.m.)

Mulberry Hills Baptist Church

4296 South CR 1380 E Kirklin St.
4th Tuesday March– December
(10:30 a.m.– 11:30 a.m.)

Learning Network

1111 South Jackson St
3rd Wednesday every Month
(12:00– 1:00 p.m.)

Rossville Food Pantry

109 Plank St.
3rd Tuesday every Month
(9:30a.m.–11:30 a.m.)

Colfax Christian Church

314 South Clark St.
3rd Wednesday September– April
(5:30 p.m.– 6:30 p.m.)

Michigantown Christian Church

108 West 2nd St.
1st Monday every Month
(5p.m.– 7 p.m.)

