

1 Fall Kick-Off Celebration!
ONEFITJSU
OneFit JSU Check Presentation to follow!

"Taste of Fitness"
FOOD EXPO

wednesday

NOV 19 2014

12PM-2PM

at the **WPC**

Walter Payton Center

34 Walter Payton Dr.
Jackson State University

Free to Join!

Following a healthy lifestyle can help you prevent overweight and obesity. Many lifestyle habits begin during childhood. Thus, parents and families should encourage their children to make healthy choices, such as following a healthy diet and being physically active.

cooking demos • fitness demos • facility tours

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**METRO JACKSON
COMMUNITY PREVENTION COALITION**

