

Chesprocott Health District Healthy Communities Coalition  
PRESENTS:

# FIT FOR A DAY



SAVE THE DATE

Engage with the community for an afternoon of fitness. Learn about new opportunities for physical fitness and why physical activity can reduce chronic illness.

**WHERE:** Cheshire Bike Trail  
(Near Dalton Entrance; Cornwall Ave - West Main Street)

**WHEN:** Sunday June 2, 2019  
(Rain date Saturday June 8th)

**TIME:** 12pm - 2pm

Event is FREE and open to all ages