

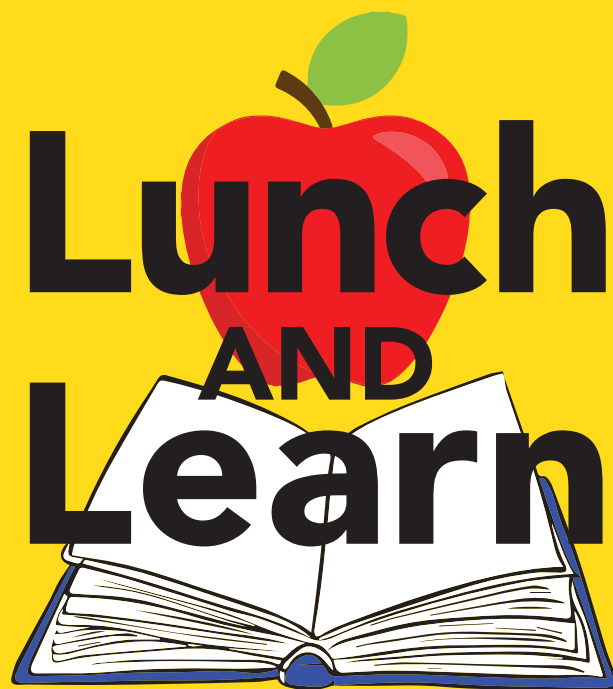
12:15 PM–1:15 PM
Jaycee Park Auditorium
2000 Cedar Lane
Greenville, NC

**Sign up for one or all four
workshops. Attend 3 or more
to receive a special Wellness gift!**

Lunch will be provided by the Wellness Program. Registration is limited to the first 30 full-time or designated part-time City of Greenville and Greenville Utilities employees.

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|-------------------|---|
| January 15 | Posture: How it plays a role in health |
| January 22 | Exercise and the effect it has on mental health |
| January 29 | Move Your Way: An overview of the 2018 Physical Activity Guidelines for Americans |
| February 5 | Shoes: How to choose the correct ones |

For more information or to register, please
call Brett Roddy at (252) 329-4569
or email broddy@greenvillenc.gov



Workshop Series
Body, Mind and Sole