WHAT THE HEALTH!?



GET OUTSIDE!



EAT RIGHT!



FOLLOWING A HEALTHY LIFESTYLE THAT INCLUDES REGULAR PHYSICAL ACTIVITY, GOOD NUTRITION, AND STRESS MANAGEMENT CAN HELP PREVENT SEVERE COVID-19 DISEASE!





RFLAX!





SAVE A LIFE ON

WEDNESDAY, JUNE 14TH



JUNE IS MEN'S HEALTH MONTH

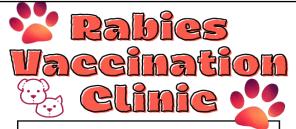






June 2021





Sunday, June 6th 10:00am-12:00pm at Stray Haven

Stray Haven: 607-565-2859

Pre-register:

https://forms.gle/7AWjK2DsDpk7n2JW7