

# Spring into Health



## May 1- May 31

A healthy lifestyle begins with eating nutritious foods and physical activity. Thankfully, there are many local opportunities to do just that. This spring, the **Piedmont Community Health Coalition** invites you to discover healthy eating and active living in your own neighborhood!



## WIN

- **The NEW Fitbit Versa**
- **Fitbit Charge 2**
- **One month membership to Southside Virginia Family YMCA (\$60 Value)**
- **Gift bag from Beulah M Wiley Fitness Center with a free month membership, t-shirt and other goodies**
- **Healthy living gift basket with yoga mat and other goodies**
- **Grow your own garden gift basket**
- **And much more...**

The Piedmont Community Health Coalition is a seven county health and wellness initiative led by a group of community leaders committed to changing the policies, systems, and environments that affect our neighborhoods, health care institutions, community organizations, schools and workplaces in order to improve the health of citizens living in the Piedmont Health District

Turn over more information



# Spring into Health

**Tuesday, May 1- Thursday, May 31**

**Program Description:** As a kick-off to the Piedmont Community Health Coalition's annual activity, Spring into Health is designed to help you discover healthy eating and active living resources available in your own community. Spring into Health is open to individuals and families. Participants will receive one raffle ticket for every activity completed. Each activity is a chance to win which means the more you participate, the more chances you have to win great prizes!

## Registration Required!

To register, please contact the Prince Edward Extension office.

Physical address: 100 Dominion Drive, Farmville, VA 23901

Phone: 434-392-4246 Email: [christine.cole@vdh.virginia.gov](mailto:christine.cole@vdh.virginia.gov)

While there is no end date for registration, the last day to complete activities is May 31<sup>st</sup> by 8pm.

When registering, you'll receive a complete, detailed list of participating activities.

All activities are available for **FREE** for Spring into Health participants! Examples include:

### Classes

#### Pickleball

Town of Farmville Parks & Recreation

#### Kickboxing

Beulah M. Wiley Fitness Center

#### Zumba

Southside Virginia Family YMCA

#### Yoga

Beulah M. Wiley Fitness Center & Southside YMCA

### Places to Visit

Southside Virginia Family YMCA 

Farmville Parks and Recreation

James River State Park

Heart of Virginia Farmers Market

Central Virginia Community

Health Center & Beulah M. Wiley

Fitness Center



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If you are a person with a disability and desire assistance or accommodation, please notify the Prince Edward Extension Office at 434-392-4246 during business hours of 8:00 a.m. and 4:30 p.m. to discuss accommodations prior to the event.



**PIEDMONT**  
COMMUNITY HEALTH COALITION