



Join BocaGirl 180\*  
For  
**One Complete LIFE**  
WELLNESS CIRCLE

**SueAnn Boyd, CCE Healthy Schools Coordinator and trained Community Health Champion**, is asking you to join her in the journey of One Complete LIFE. This Wellness Circle will meet February 19<sup>th</sup> at 6 pm to offer health education, resources, and motivational coaching to connect Health & Wellness to your One Complete Life.

**For more information or to register:**  
SueAnn Boyd 845-292-6180 x117 or [srb46@cornell.edu](mailto:srb46@cornell.edu)

**Cornell Cooperative Extension | Sullivan County**

**Sullivan 180 is a new nonprofit organization created to turn around the health and wellness of Sullivan County**, to make the county a healthier place to live, work, play, and raise a family. Sullivan 180 will offer residents opportunities for improving their health and prosperity. This encompasses not only physical, but also mental, spiritual, and environmental wellness. A sense of purpose, connection to family and community, access to fresh foods, and an active lifestyle are all essential for a thriving Sullivan County. Sullivan 180 is training Community Health Champions throughout the county.

WOULD YOU LIKE  
TO ...

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- \*EAT MINDFULLY
  - \*MANAGE WEIGHT
  - \*BE MORE ACTIVE
  - \*REDUCE STRESS
- 

TURN YOUR  
HEALTH AROUND

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RECEIVE SUPPORT  
AND RESOURCES

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BOCAGIRL 180\*  
CAN HELP YOU  
JOIN TODAY!



SULLIVAN 180 INC.  
PO Box 311  
Liberty, NY 12754  
Phone: (845) 295-2680  
Email: [info@sullivan180.org](mailto:info@sullivan180.org)  
Website: [Sullivan180.org](http://Sullivan180.org)