

TOTAL



# WELLNESS

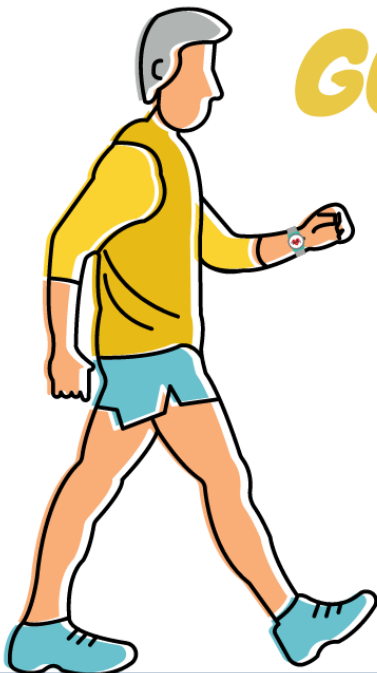
*Free Virtual RFGH Community Wellness Program  
Formerly Weigh To Go*

Every Monday via Zoom

**September 13th-December 6th**

10:00am-11:00am & 4:30pm-5:30pm

*Weekly discussions, education, check-ins, and activities to promote a well-balanced and healthy lifestyle!*



**GOING FOR GOLD!**

**GROUP STEP CHALLENGE**



Participants will take part in a group step challenge to see who can get the most steps during this 13 week program!

**Must be 18 years or older to join.**

**Registration Deadline  
September 3, 2021**