



This is a winter workout.

Slide down, climb up, repeat. It's a great way to keep moving through the winter. In fact, anything you do—no matter how small—can begin to improve your health. It's that simple.

For more ways to get healthier in your community, go to www.healthymainewalks.org or visit www.healthymainepartnerships.org/panp

THIS HEALTHY WEIGHT AWARENESS MESSAGE IS BROUGHT TO YOU BY



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