



To maintain and improve health, it is recommended that we all get 30 minutes of moderate physical activity on most, if not all, days of the week. *Get Moving! Winooski* can help you be active, no matter what your fitness level or ability. All it takes is a few simple steps:

Sign Up for Get Moving Winooski to:

- * Receive information in the mail or by e-mail about on-going and one time community events and programs
- * Be entered into a monthly raffle for fun prizes
- * Stay connected to a community of people staying active and improving their health

Congratulate yourself for taking such an important step toward improving your health and keep going!

Please check out our website for free ways to Get Moving! in Winooski:
www.onioncity.com and follow the link to Parks and Recreation

Return this form to: Get Moving! Winooski, Parks and Recreation, 27 West Allen Street, Winooski, VT 05404 Questions? Call Julia 655-6410 x13

*Get Moving! Winooski is brought to you by:
Winooski Coalition for a Safe and Peaceful Community and Parks and Recreation*

Sign me up for Get Moving Winooski!
Why not sign up the whole family! Or join with a friend!

Names (ages): _____

Address: _____

E-mail Address: _____

Phone Number: _____

Promoting a drug, alcohol, and violence free community!

You can do it! It's that easy! Start today!