



Come Join the Fun!

What: Healthy Neighborhood Challenge
Nutrition and Exercise Classes

When: Tuesday Evenings 6:30-8:00pm

Where: Iowa City Free Medical Clinic
337-4459
(Call to sign up & ask for Shannon)

Topics: Walking Clubs, Group exercise classes, Healthy Cooking Classes, Food label info, Organic and Local foods, Farmer's Market trips, Stress Management and more!

These group classes are ***free*** and family friendly & healthy snacks will be provided. Please join us in meeting other people going through the same changes as you. We look forward to meeting you & making our community healthier!