



## Bay Village vs. Rocky River!



# Adult Wellness Challenge 2015

Learn to develop good exercise and eating habits, and kick off Spring in a healthy way!

### The Healthy Community Initiative

is a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness. Based on the community health needs assessment and utilizing combined resources within our local communities, Healthy Community Initiative programs will be customized around three core areas: education, nutrition and physical activity

## Starting Assessment and Health Fair

**Saturday, April 18, 2015**

**8 a.m. – 12 noon**

Screenings for cholesterol, BP, BMI  
*Free admission to the Rocky River Rec Center during assessment hours and health fair*  
*\*2 hour fast required for cholesterol screening*

**Registration for time slot REQUIRED for assessment**

### Rocky River Recreation Center

21016 Hilliard Blvd., Rocky River, 44116

### Cost for 8 week challenge is:

- \$10 each participant; check/cash only, check payable to City of Bay Village
- Prizes for top 3 participants based on participation in walks, classes and weight loss (\$250 first prize, \$150 second prize, \$100 third prize)
- Join your neighbors in a friendly competition versus the City of Rocky River! We will have a weigh in at the end of the 8 weeks to determine the winning city!
- Participation from both cities at all 8 walks is encouraged.

## Schedule of Events

**Saturday, April 18, from 8 a.m. to Noon**

*Starting Assessment*

**Tuesday Walk and Talk sessions, 6:30 p.m.**

April 21	Dwyer Center, Bay Village
April 28	Memorial Hall, Rocky River Rec Center
May 5	Dwyer Center, Bay Village
May 12	Rocky River Park, Rocky River
May 19	Dwyer Center, Bay Village
May 26	Memorial Hall, Rocky River Rec Center
June 2	Dwyer Center, Bay Village
June 9	Memorial Hall, Rocky River Rec Center

**Weekly programming every Tuesday evening at 6:30 p.m.** will include presentations related to health, wellness, nutrition and fitness, followed by a walk with increasing mileage each week.

Tuesday sessions in Rocky River will be held in the Community Room inside Memorial Hall at the Rocky River Rec Center.

Tuesday sessions in Bay Village will be held at the Dwyer Senior Center, 300 Bryson Lane, Bay Village.

**Sign up by calling 440.356.4362**



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