

Acton Takes Action! is funded through the Northwest Suburban Health Alliance/ CHNA 15 DoN funds from Lahey Clinic.



**Northwest Suburban
Health Alliance/ CHNA 15**



Join us on this seven-week educational journey to learn how proper diet, nutrition and exercise can be used as your own personal weapons to help win the fight against obesity!

The Town of Acton Board of Health, in collaboration with Cindy Woodman, RD, Risk Management, Inc., and Acton Medical Associates are pleased to present
Acton Takes Action!
Obesity Awareness Through Education

Town of Acton

Acton Board of Health
472 Main Street
Acton, MA 01720

Questions?

Phone: 978-264-9634
Fax: 978-264-9630
E-mail: hhasz@acton-ma.gov

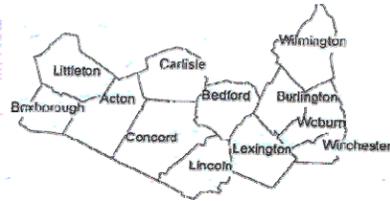
Acton Takes Action! Raising Obesity Awareness Through Education



FREE EVENT

**ACTON SENIOR CENTER
50 AUDUBON DRIVE,
ACTON, MA
7PM-9PM**

Acton Takes Action! is funded through the Northwest Suburban Health Alliance/ CHNA 15 DoN funds from Lahey Clinic.



**Northwest Suburban
Health Alliance/ CHNA 15**



Join us on this seven-week educational journey to learn how proper diet, nutrition and exercise can be used as your own personal weapons to help win the fight against obesity!

The Town of Acton Board of Health, in collaboration with Cindy Woodman, RD, Risk Management, Inc., and Acton Medical Associates are pleased to present Acton Takes Action! Obesity Awareness Through Education

Town of Acton

Acton Board of Health
472 Main Street
Acton, MA 01720

Questions?

Phone: 978-264-9634
Fax: 978-264-9630
E-mail: hhasz@acton-ma.gov

Acton Takes Action! Raising Obesity Awareness Through Education



FREE EVENT

**ACTON SENIOR CENTER
50 AUDUBON DRIVE,
ACTON, MA
7PM-9PM**

Acton Takes Action! Obesity Awareness Through Education

September 26, 2007—7pm

Gary Marino

**Founder of Generation Excel & the
Million Calorie March**

Join Gary as he shares his humorous and inspirational story of his battle with obesity and the steps he took (literally) and continues to take in his life to fight obesity and raise awareness across America. (www.millioncaloriemarch.com)

**October 3—24, 2007
(Wednesdays) - 7pm**

Cindy Woodman, RD

Risk Management, Inc.

Healthy Eating 101

Cindy will provide four-weeks of hands on cooking and nutrition education and demonstrations to participants as she educates on the importance of a healthy diet. Participants get a real “taste” of what healthy cooking is all about!

October 30, 2007— 7pm

Dr. Christine Chang, MD

Dr. Chang will speak on health risks associated with obesity; weight loss pros and cons, and the importance of diet, nutrition and exercise

Wednesday, November 7, 2007

Armand Chery, CBC Fitness and Wellness

Hands-on Fitness Demo

Bring your energy as you will be lead through an instructional and hands on fitness session. This session will be held off site at CBC Fitness and Wellness Center, 525 Main Street, Acton, MA. Proper attire recommended.

Pre-Registration Required.

Space is limited, register early!

Sign Up Form

Please Print

Name

Street Address

Town, State

Phone

Email Address

Tear off and Return

Mail form to:

Acton Board of Health
472 Main Street
Acton, MA 01720
Attn: Heather Hasz

Questions?

Phone: 978-264-9634
Fax: 978-264-9630
E-mail: hhasz@acton-ma.gov

Acton Takes Action! Obesity Awareness Through Education

September 26, 2007—7pm

Gary Marino

**Founder of Generation Excel & the
Million Calorie March**

Join Gary as he shares his humorous and inspirational story of his battle with obesity and the steps he took (literally) and continues to take in his life to fight obesity and raise awareness across America. (www.millioncaloriemarch.com)

**October 3—24, 2007
(Wednesdays) - 7pm**

Cindy Woodman, RD

Risk Management, Inc.

Healthy Eating 101

Cindy will provide four-weeks of hands on cooking and nutrition education and demonstrations to participants as she educates on the importance of a healthy diet. Participants get a real “taste” of what healthy cooking is all about!

October 30, 2007— 7pm

Dr. Christine Chang, MD

Dr. Chang will speak on health risks associated with obesity; weight loss pros and cons, and the importance of diet, nutrition and exercise

Wednesday, November 7, 2007

Armand Chery, CBC Fitness and Wellness

Hands-on Fitness Demo

Bring your energy as you will be lead through an instructional and hands on fitness session. This session will be held off site at CBC Fitness and Wellness Center, 525 Main Street, Acton, MA. Proper attire recommended.

Pre-Registration Required.

Space is limited, register early!

Sign Up Form

Please Print

Name

Street Address

Town, State

Phone

Email Address

Tear off and Return

Mail form to:

Acton Board of Health
472 Main Street
Acton, MA 01720
Attn: Heather Hasz

Questions?

Phone: 978-264-9634
Fax: 978-264-9630
E-mail: hhasz@acton-ma.gov