

# Encouraging Physical Activity Through Social Groups

Learn how to improve the health of your community members

by creating or using existing social groups to increase physical activity. To make it easier for everyone to have healthier lives we need:

Government and State Organizations  
School Health Councils  
Wellness Teams  
Students  
Staff/Employees  
Physical Activity/Exercise Clubs  
Citizens




Join us for a talk about how to encourage new or existing social groups to be more physically active

Date:

Time:

Location:

INSERT YOUR LOCAL LOGO HERE

 **Healthy Maine Partnerships**  
**Maine Cardiovascular Health Program**  
in collaboration with the **Maine Nutrition Network**  
Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention