



Play More, Sit Less!

Research shows sitting for long periods of time can be harmful to our health. Let's get up and move!



Friday, July 21 5:30 p.m. or 6:00 p.m.

Healthy snacks and door prizes will be available to all participants

UF | IFAS Extension
UNIVERSITY of FLORIDA



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.