



Healthy Mayfield: 8 Week Adult Wellness Challenge

Join fitness professionals, nutritionists, registered nurses, physical therapists and other experts as they provide education and tips for practical application of health and wellness activities. Topics will include:

- SMART Goals and Choosing the Right Exercise Plan for You
- Know Your Numbers: Keep Your Heart Healthy
- Healthy Eating
- Identifying and Overcoming Barriers
- Stress Management
- Strength Training
- Balance and Posture
- Celebrating Success

All participants will have full access to the center during the 8 week challenge.

The “Healthy Mayfield – We Fit Together” Healthy Communities 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.

SCHEDULE:

Wednesday, February 28, 2018 | 5:00 – 7:30 p.m.

Wildcat Sport & Fitness (On the Mayfield High School Campus)
 6116 Wilson Mills Road, Mayfield Heights, OH 44143

- **5:00 – 6:15 p.m.:** Kick-off with initial health screenings for blood pressure and Body Mass Index (BMI)
- **6:30 – 7:30 p.m.:** Introduction to the 8 Week Challenge, goal setting, and tour of facility. Light refreshments provided

Every Wednesday, March 7, - April 11, 2018 | 6:00 – 7:30 p.m.

Wildcat Sport & Fitness

- **6:00 – 6:45 p.m.:** Health topic
- **6:45 – 7:30 p.m.:** Exercise activity

Wednesday, April 18, 2018 | 5:00 – 7:30 p.m.

Wildcat Sport & Fitness

- **5:00 – 6:15 p.m.:** Post health screenings for blood pressure and Body Mass Index (BMI)
- **6:30 - 7:30 p.m.:** Celebrate Successes. Light refreshments provided.

INFORMATION/REGISTRATION:

For information, call Marybeth Mack, RN, at 440.312.4784.

Pre-Registration is **REQUIRED**. This program is open to the residents of the Mayfield school district only. All participants must show proof of residency. Register in person at Wildcat Sport & Fitness. **\$10 program fee due at time of registration.**

