CCC Fit for Life presents…

HEALTH, FITNESS & NUTRITION FAIR

"Taking Small Steps to a Healthier Mississippi"

ACTIVITIES INCLUDE:

Blood Sugar Testing
Blood Pressure Testing
Oral Screening
Nutritional Counseling
Hair and Skin Care Treatment
Stress Management
Flip Your Plate Demonstration
Fitness Demonstrations
Information on Food Groups
And much more

CCC PINNACLE
THURSDAY, NOVEMBER 16, 2017
9:00 A.M. - 12:00 P.M.

CCC FIT FOR LIFE

MADE POSSIBLE BY A GRANT FROM

Blue Cross & Blue Shield of Mississippi Foundation

To secure space for the fair, contact Taurean Morton at (662) 621-4236 or tmorton@coahomacc.edu