

Dirigo Counseling Clinic Peer Fitness and Nutrition Group



Have you been thinking about getting more **PHYSICALLY FIT?**

Don't know where to start?

Want to eat more **NUTRITIONAL MEALS?** *Don't think you can afford it?*

Want to start making **HEALTHIER CHOICES** for yourself and your families?

Don't have the motivation to help keep you on track?

Dirigo is launching it's Summer Fitness/Walk Group. This group is merging with the nutrition group for 12 weeks this summer!

We will meet every Tuesday at 10am *Rain or Shine*

Rain, we'll meet as group for nutrition discussion; shine, we will go for a small walk to local parks.

This Group is OPEN, All are welcome to attend as they can.

Group will meet at Dirigo Counseling Clinic, LLC

557 Hammond Street, Bangor ME 04401

If you participate for 8 of the 12 weeks, you will be eligible for a pair of sneakers