

it's your life... ChooseWell
eat right, be active.

communities
choosewell
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Town of Morinville

Morinville is one of 146 Alberta Communities taking part in this provincial movement.

What does this mean? Morinville is going to promote our community as a healthy and active community. Our motto is Eat Right- Be Active because Health is everybody's business.

Choosewell programming will take place between May 1- September 30, 2011 along with developing leaders and community partnerships that will continue the movement of Morinville being a healthy, active community in which to live.

How will this be accomplished within our community?

- Marketing information and resources available
- Recreational programming will target spontaneous use
- Development of youth programming
- Healthy eating components to include programs and resources

Programs to watch for: 10,000 Step Program, Acts of Random Physical Activity, Walking Trail and Exercise Equipment, Cooking Programs, and Nordic Walking

For more information contact Melonie Dziwenka at 780 939-7833 or www.morinville.ca

www.arpaonline.ca/choosewell

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Government
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