

2017 / 2018

Education Series

Healthy Choice Initiative



MOVE TO IMPROVE YOU

Just Move It!

*Looking for strong courageous
men and women who want
to make a REAL change
in their quality of life
by developing good habits
for a better healthier life style.*

Sponsored by

The Francis J. Dixon Foundation



*Developmental & Disability Services
of Lebanon Valley*

Move to Improve You

*Research shows it takes 66 days
to break bad habits and
replace them with good habits.*

*For this reason, DDS is introducing a
three-month incentive program,
Move to Improve You, to provide the
support and structure for success.*

About the Program:

Participants will meet weekly in a small group to:

- Offer each other support
- Establish Goals
- Report on Goals
- Learn New Exercises
- Learn Healthy Recipes
- Maintain a Diary to track and map your progress
- Incentive Prizes, Including T-shirt
- Monthly Picnic
- Award Certificate at the End of Program

Commitment Schedule:

Aug. 9, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Aug. 16, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Aug. 23, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Aug. 30, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Aug. 30, 2017	Picnic: Frisbee Golf at South Hills	12:00 - 2:00 p.m.
Sept. 6, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Sept. 13, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Sept. 20, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Sept. 27, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Sept. 27, 2017	Picnic: Cornhole Tournament	12:00 - 2:00 p.m.
Oct. 4, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Oct. 11, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Oct. 18, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Oct. 25, 2017	Weekly Meeting	10:30 - 11:30 a.m.
Oct. 25, 2017	Picnic: Nature Hike	12:00 - 2:00 p.m.

This is a FREE program

See Ellen Imboden at DDS to enroll

On or before August 1st.