

# YOUR PRESCRIPTION

for Better Health in **2019**



FOR: \_\_\_\_\_ DATE: \_\_\_\_\_



## DIRECTIONS

Dr. Eric Neverman is prescribing a regular walking routine for you! Join him as he leads a local effort to improve the health of our community, one step at a time! Prizes, fun conversation, and answers to health questions – all for no cost. Just show up with comfortable walking shoes and dressed for the weather.

Date	Time	Location	Doc	Theme
<input type="checkbox"/> Wednesday, March 6	9:00 a.m.	Grundy Family YMCA	Dr. Eric Neverman	A New Way to Move in 2019
<input type="checkbox"/> Wednesday, April 3	5:00 p.m.	GCMH Entrance #3	Dr. Eric Neverman	Can you Walk Away from Diabetes
<input type="checkbox"/> Wednesday, May 1	8:00 a.m.	Grundy Center HS Track	Dr. Eric Neverman	5-2-1-0 Healthy Choices Count
<input type="checkbox"/> Wednesday, June 5	noon	Community Gardens	Dr. Eric Neverman	Moving Naturally
<input type="checkbox"/> Wednesday, July 17	9:00 a.m.	GC Fairgrounds	Dr. Eric Neverman	Eating on the Go
<input type="checkbox"/> Wednesday, September 4	noon	GC Preschool	Dr. Eric Neverman	Setting Limits for Screen Time
<input type="checkbox"/> Wednesday, October 2	noon	GC Courthouse Gazebo	Brandy Tripp, RN	How to Walk to Boost your Heart
<input type="checkbox"/> Wednesday, November 13	noon	Grundy Family YMCA	TBD	Fail Proof Veggies, Fruits for the Season

### SPECIAL INSTRUCTIONS

Dosage:	Refills:
30 Minutes	Daily