

**Yuma County Public Health Services District
and Yuma Main Library invite you to**

BODY WALK 2020

For the first time, Body Walk is offering two sessions open to the public! Come 'walk' through the brain, mouth, stomach/small intestines, heart, lungs, bones and muscles while learning how nutrition and physical activity are important for a healthy body, and end at the Safety Boot Camp to practice pedestrian and fire safety through fun active games.



**Attendance is Free but reservations are required to attend.
To make your reservation, please read the follow instructions:**

Location: Yuma Main Library, 2951 S. 21st Drive, Yuma, AZ 85364

Session Dates & Times:

Monday, February 3rd, 2020 12:00—2:00 pm

Thursday, February 6th, 2020 3:00—5:00 pm

To make your reservation:

Call (928)317-4632 or email Suzanne.cooper@yumacountyaz.gov

Please provide the following information:

- Your name
- Your choice of session
- Number of persons attending
- If leaving a voice mail, please be sure to provide your phone number.

Deadline to reserve is January 17th, 2020

Things to Know:

- **Each 2-hour session will be limited to 150 attendees.**
- Slots will be reserved on a first-call, first-reserved basis, so please don't wait too long!
- Reservations will be confirmed by phone or email.
- It's important to arrive on time so you can experience Body Walk in its entirety.
- Upon arrival, attendees will be placed into small groups of 10-12 persons. All children must be accompanied by at least one adult per group. We welcome parents and caregivers and encourage them to participate in the activities with their children.
- It is recommended to wear (and have children wear) clothing and shoes suitable for being physically active.

For questions, please contact :

Suzanne M. Cooper, AZ Health Zone Program Coordinator
Yuma County Public Health Services District
Ph: (928) 317-4632
Email: Suzanne.cooper@yumacountyaz.gov

