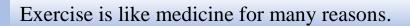
EXERCISE

Make Active Habits Stick

If your doctor gave you a prescription for exercise, would you follow it?



Obviously, physical activity strengthens muscles, and it also prevents blood vessels from getting damaged and clogged. In turn, this helps prevent heart attacks, strokes, and even some types of dementia.

In fact, regular exercise can be as good as medication at preventing diabetes and heart disease in at-risk people. And, it is even more effective than drugs for stoke recovery.

Join me in January to Learn More

Knowledge at Noon January 22, 2024

<u>Location:</u>

Cheyenne County Court House in Commisioners room

<u>Time:</u> 12:00 -1:00 c.t.

Please RSVP by January 19, 2024 at 785-332-3171





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