

# JUMP START YOUR HEALTH

**Tuesdays June 19th and June 26th**  
**5:30 PM to 6:30 PM**



Please join Community Outreach Specialist, Rhonda Winbush from UnitedHealthcare for Jump-Start Your Health .

Participants will use this 30-day Quick-start guide to develop healthy goals for self and the community through fitness, diet, and knowledge.

Light refreshments will be provided.



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