



Eat Well Live Well

Community Wellness Program for the residents of Barberton

The Barberton Health District is kicking off a **FREE** Community Wellness Program for the residents of Barberton.

Eat Well Live Well encourages participants *EVERYDAY* to

- walk 10,000 steps
- eat 5 fruits and veggies
- drink less soda & sugar drinks

The Barberton Health District invites your business to participate in this program and proudly display the **Eat Well Live Well** window cling. This program will help to reduce medical costs and employee absenteeism. As part of the program, pedometers will be made available at cost to participants.

Please call the **Eat Well Live Well** hotline at **330-861-7175** for help in coordinating this program within your business. A response will be returned within one business day.

Also visit our website at **www.barbertonhealth.org** for further information and a tool to calculate Body Mass Index (BMI).



Barberton Health District
571 W. Tuscarawas Ave
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