



# New Year, New YOU

Health Series Part V

# New Age Physical Fitness



This workshop will present ways to get physically activity in your living room by using video games.

Wednesday, May 2nd

Cost \$ 5.00

*Lunch served at 11:45 a.m.*

Program starts at 12:00 p.m.

at the Hardin County

Extension Office

Go to [www.hardinext.org](http://www.hardinext.org) or  
call ☎ 270-765-4121 to register.

**Registration and payment must be received  
one week prior to class.**