

Staying healthy is good for **people** *and* our **budgets**
but . . .

How do we help people to stay healthy?

None of us can answer this question **alone**, nor provide a complete scope of community strategies and programs.

Together – we could make **great strides**.

We have some ideas.
We are **sure** you do too!



Please join us for a **Staying Healthy Conversation**

Tuesday, January 31 (new date)

3:30-5:00 pm

Runnells Hall at Chocorua Public Library

25 Deer Hill Rd., Chocorua, NH

Light healthy snacks provided

RSVP to 323-8139 or cyndi@lruw.org

Please bring your best ideas about what **we** can do.
(**We=****all of us**)

Hosted by: Carroll County United Health & Wellness Team
Carroll County United is an initiative of the Lakes Region United Way.