

GET HEALTHY & WIN PRIZES!

BeHealthy



@ NEWARK LIBRARY

January: Financial Health

February: Mental Health

March: Social Health

April: Physical Health

May: Spiritual Health

HOW TO PARTICIPATE

Pick up a checklist each month at Newark Library (6300 Civic Terrace Ave.)
Choose 12 activities from the list or the BeHealthy5 Yahoo! Group list
Check off activities as you do them
Bring completed list to the Information Desk at Newark Library
by the end of the month to get your prize and fill out an entry for grand prizes

BONUS: Each extra activity earns a grand prize entry

For more information or to sign up via e-mail, contact Barbara Telford-Ishida,
btelford-ishida@aclibrary.org or (510) 795-2627 x20

Funded by a California State Library Services and Technology Act grant.
Prizes funded by the Newark Library League and local stores and services.

free2BeHealthy

www.aclibrary.org



Alameda County
LIBRARY

...Infinite possibilities