GET HEALTHY & WIN PRIZES!

Be Healthy @ 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,
bтelford-ishida@aclibrary.org or (510) 795-2627 x20

www.aclibrary.org

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Alameda County LIBRARY
Infinite possibilities