

# HEALTHY ME! HEALTHY YOU!

*School is out, spa day is in!*

## JOIN US FOR ALL THESE ACTIVITIES:

GET MOVING WITH ZUMBA

COMB ME BEAUTIFUL

GET UNDER YOUR SKIN

STOP THE BLEED

DON'T BE A STINKER

BUTTER ME UP

CHILL OUT WITH MILK



THURSDAY, AUGUST 1ST

9 AM TO 3 PM

REGISTRATION BEGINS AT 8:30

BELL COUNTY EXTENSION OFFICE

PLEASE RSVP BY JULY 27TH

## WHAT TO KNOW BEFORE YOU GO:

BRING YOUR LUNCH

DRINKS WILL BE PROVIDED

BRING TENNIS SHOES AND A TOWEL

ALL 4-H MEMBERS WELCOME

