



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



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