



MOVE TO IMPROVE

Join us for a 21-day
educational program!

**BEGINS
NOV 5**

Get moving toward better health! Discover the many benefits of physical activity — from boosting energy and mood to supporting heart and brain health. Whether you're just starting out or looking to refresh your fitness knowledge, this program will help you move smarter, feel stronger, and live healthier.

JOIN NOW



QUESTIONS?
EMAIL WELLNESS@COLUMBUS.K12.OH.US

