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FOR IMMEDIATE RELEASE 10/24/17

## **LET'S MOVE! FAMILY FITNESS FUN**

Cleveland, TN - Sunday, October 29, from 2-5 PM, in Greenway Park, 775 Raider Drive (across from Cleveland High School), Cleveland, TN. Come and enjoy the bounce obstacle course, pedal-powered smoothie making, gymnastics, martial arts, relays, games and many more activities. Register by 3 pm to win prizes. Get fresh produce at the Farmer's Market. Sponsored by local organizations to help fight childhood obesity and related diseases in Bradley County. Free admission, all welcome.

Why a Let's Move! Day? One in three children in Cleveland/Bradley County is overweight or obese, and at risk for health problems like type 2 diabetes, high blood pressure and heart disease. Let's help to reverse that by encouraging our kids to be active and to eat more vegetables and fruits! Please share this invitation with your friends in the Cleveland area.

Remember to register by 3 pm to qualify for the gift drawings. Hoping to see you next Sunday, October 29!

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**Sunday, Oct 29, 2-5pm**  
 Greenway Pavilion and Stage: 775 Raider Drive, Cleveland, TN  
 • across the street from Cleveland High School

activities • prizes • farmer's market

# LET'S MOVE DAY

Family Fitness Fun

REGISTER BY 3PM TO  
WIN PRIZES

Must be present to win the prizes.



ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

BROUGHT TO YOU BY YOUR FRIENDS:  
**BOWMAN HILLS SEVENTH-DAY ADVENTIST CHURCH**  
**LADD SPRINGS SEVENTH-DAY ADVENTIST CHURCH**