



Albemarle Regional Health Services (ARHS) has partnered with Perquimans County Recreation Department (PCRD) to offer Perquimans Get FIT! (PGF!), a **FREE** exercise and walking program funded by Chowan Hospital Foundation. This program is designed for adults, 18 years and older, who live or work in Perquimans County to increase physical activity levels and lead healthier lifestyles.

### **Program Components:**

#### **-Healthy Living Kick-off Event**

October 15, 2016 from 9:30am-12pm at Bagley Swamp Wesleyan Church:

9:30-10am: Health Screenings (optional)

10-11am: Healthy Living Session

11-11:30am: Zumba

11:30-12pm: Lunch

#### **-Exercise Classes**

Registered participants will be offered **free** exercise classes including strength training, line dancing, Pilates, Zumba, and Beginner's Boot Camp. Class schedules will be provided at the kick-off event. At the end of the program, prizes will be awarded to the most active participants.

#### **-Walking**

Maps of safe walking areas throughout the county are available and participants are encouraged to walk in teams or with a partner. Walking logs will be provided to record the number of minutes and distance walked each day.

Registration is required. To register or for more information, please contact Amanda Betts at 426-2115 or [amanda.betts@arhs-nc.org](mailto:amanda.betts@arhs-nc.org) or go to <https://www.surveymonkey.com/r/perquimansgetfit> to register.