

Free Registration & Program
Ages 5 & Up

Weigh in - Form a H.Y. Team - Set Your Goals

FREE T-SHIRT
while supplies last
When you register @ Kick-Off

Valdez Parks & Recreation

**HEALTHIER
YOU**



Partnering with:



KICK-OFF

Saturday, January 28th, 2017

4 PM - 7 PM in the Civic Center Ballrooms

Late Registration: Located @ the
PWCS Health & Fitness Center
January 30th - February 10th
Monday - Friday
5 AM - 8:30 PM



Kept the weight off from last year?
Weigh in at the Kick-Off
&
be eligible for **K-TWO** prizes.

It's never too early OR too late to work towards being the Healthiest YOU !

Parks & Rec. Office: 835-2531

Facebook.com/ValdezAlaskaFun

www.ci.valdez.ak.us/healthieryou