



Volunteers are needed for a program that offers education activities about healthy lifestyle. There are two program meetings, over four months. Each meeting will last about 2 – 3 hours.

Volunteers must be:

- ✓ *Female*
- ✓ *21 years of age or older*
- ✓ *Able to participate in program activities*
- ✓ *Able to be in the program for 6 months*
- ✓ *Not Pregnant*

Dates

Saturday, August 23rd
Saturday, December 5th

Location:

Odessa Chambliss Center for Health Equity

Learning Room

113 Lockhart street Daytona Beach, FL 32114.

If you are interested in taking part in this study or have any questions, please e-mail Ms. Dee Snellett at: healthequity@cookman.edu or call 386-481-2831.



Be Fit. Be Healthy. Be Heart Smart.