

Fort Edward Exercises Together Annual Kick-Off Event October 21, 2008 6-8pm

F.E.E.T



Please join us as we celebrate our Annual Kick-off of the **Fort Edward Exercises Together (F.E.E.T.)** program at the Fort Edward Union Free School on **Tuesday, October 21, 2008 at 6pm**. We'll have some fun, light refreshments, a guest speaker, and new incentives to start or keep you walking regularly.

Not a member yet? Do you want to feel better, sleep better, and feel less stressed? **F.E.E.T.** is a program designed to help residents start and maintain a regular program of walking. It doesn't matter what kind of shape you are in now. Everyone is welcome! Come to the school on Tuesday, October 21st at 6pm and start down the path of improved health and energy.

To find out how this program may help you become more physically active, please contact the program coordinator at (518) 408-2339 or by e-mail at azendell@uamail.albany.edu. All walkers must register to use the school facilities. Registration is free and begins October 21st.

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