



Palm Health FOUNDATION

Leading Change for Better Health



It's that time again—the *Let's Move: Commit to Change Physical Activity Challenge* is right around the corner. Now, you can show your support for a healthier Palm Beach County by partnering with Palm Health Foundation! Picture your organization's logo on 4,000 highly-visible t-shirts as they are seen moving all over the county during March and beyond.

Please consider sponsoring *Let's Move* to show your support for a healthy Palm Beach County. [Click here for sponsorship opportunities](#). Deadline for t-shirt logo visibility is February 10th!

Let's Move is a Palm Beach County-wide, month-long campaign that motivates residents to take charge of their health by competing to log the most exercise minutes throughout March. Residents create and join teams, are encouraged to exercise at least 30 minutes a day, and log their minutes on www.LetsMovePBC.org. The goal: to establish and reinforce healthy behaviors like exercise and good nutrition. Last year, thousands of residents joined over 200 teams to log more than 32 million minutes of physical activity in the month of March!

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700 South Dixie Hwy. Suite 205 West Palm Beach, FL
33401

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