

# NEW YEAR'S REVOLUTION

A Macomb County Health Expo



*Lose Weight/Quit Smoking—What Works and What Doesn't!*

## New Year's Resolutions

1. Quit Smoking
2. Lose Weight

Live Zumba Demonstrations  
Healthy Cooking Demonstrations  
Boot Camp for Women  
Plus **MANY** more Resources for Success!!!

Saturday, January 15<sup>th</sup>  
10am – 3pm

**FREE PRIZES!**

✦ **Free Admission** ✦

Macomb Intermediate School District  
44001 Garfield Road  
Clinton Township, MI 48038  
(West side of Garfield, between 19 Mile and Hall Road)



**Guest Speaker - Helen Phillips - 2:00 pm**  
**Biggest Loser— Season 7 winner**

### Additional Speakers

11:00 - Healthy Families

12:00 - Stop Smoking

1:00 - Emotional Eating

**FREE ♦ FREE ♦ FREE**

- Lung Function Test
- Blood Pressure and Cholesterol Screening
- Body Fat Analysis
- Body Mass Index
- And More

For more information, call:  
(586) 412-6393

### Free Pedometer

\*For the first 300 people who bring a nonperishable food item for the Macomb Food Program.



Organized by the Macomb County Health Department and the Macomb County Tobacco Prevention Coalition.  
Sponsored by GlaxoSmithKline.

