

Valdez Parks & Recreation  
**HEALTHIER  
YOU**  
  
**KICK-OFF**



**Saturday, January 30th: 2PM – 5PM**  
**Civic Center Ballrooms**

**Free Registration & Program – Ages 5 +**  
Weigh-in - Form a HY Team - Set Your Goals - Enter to Win Prizes & MORE!!

*Kept the weight off from last year? Weigh in at the kick-off and be eligible for KTWO prizes!*

**Late Registration: February 1st - February 12th at the PWSC Health & Fitness Center:**  
**Monday - Friday: 5:00AM – 8:30PM**

**Healthier You is a 12 week program that runs through April 23rd.**  
**You will be given weekly support and tools to help you become a Healthier You!**



**Parks & Rec Office: 835-2531**  
**Facebook.com/ValdezAlaskaFun**  
**www.ci.valdez.ak.us/healthieryou**