



**HealthyMe**



# downUNDER TEENS New Series

Join the club—change your life!

Discover a different aspect of healthy eating, cooking and fun ways to exercise every month.

Wear comfortable clothes and bring a water bottle.

**For teens in Grade 6-8**

Dates: Friday's, January 22nd, February 12th, March 12th, April 9th, and May 14th.  
(you will be registering for entire session)

Time: 3:00pm-4:00pm

**Registration and permission slip required.**

Visit: [www.fairfieldpubliclibrary.org](http://www.fairfieldpubliclibrary.org)  
or call 203-255-7308

Amie Guyette Hall, of From Your Inside Out, is a certified health counselor and cooking coach.

The program is **FREE** and is sponsored by  
ACT: Fairfield's Prevention Council.

Fairfield Woods Branch Library  
1147 Fairfield Woods Road