

## A WINNING APPROACH TO A HEALTHY LIFESTYLE



Win With Wellness is a wellness program for adult men and women. Through Win With Wellness, you will learn more about the importance of healthy eating and physical activity, and we will provide tools to help you reach your goals in these areas.

Call: 866-590-8499

Email: [CarrollCountyHD@grics.net](mailto:CarrollCountyHD@grics.net)

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[Helping you live a healthy life!](#)