

SPONSORED BY THE MIDDLETOWN PREVENTION COALITION

# Middletown Wellness Month

MARCH 2021



Healthy Kids, Healthy Families, Healthy Community

## Wellness Walk

Join the Wellness Walk Challenge! Follow the steps below to enter the competition for a chance to win amazing prizes. Walk, run, or hike your way to the top of the leaderboard!



- Download the **MapMyWalk** App (Found on Apple & Android App Store).
- View the **Wellness Walk Challenges Flyer** to find your school challenge or join the Middletown community challenge.
- Start exercising and remember to track your workouts!

## Wellness/Fitness Classes

The Newport County YMCA will be hosting free online fitness classes during the month of March for youth and Middletown families! For more information visit <https://newportymca.org/workout-livestream> or scan the QR Code with your smartphone.



## Wellness Month Field Day: Saturday March 6, 2021

Participate in fun and interactive team building activities geared to build communication, cooperation, trust, and leadership! Activities will meet state COVID and YMCA safety standards. Sponsored by the Middletown Prevention Coalition & the Newport County YMCA. Register at YMCA front desk, **deadline for sign-up is March 4th**. Space limited, first come first serve!

**Session #1 9:00-10:30 am for youth ages 5-10**

**Session #2 11:00am - 12:30pm for youth ages 11-15**



Visit <https://mpc.middletownri.com/> for more information!

