



Make Movement Your Mission

Beginning an exercise routine can feel daunting, especially if you're busy. So let us help you shift your mindset to discover new and convenient ways to move your body so you can burn calories throughout your day.

Please talk to your doctor before beginning an exercise program.

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Tuesday, August 30

12 p.m. - 1 p.m.

Register Now

Space is limited.

Need Help Getting Care?

Call a Horizon Health Guide at **1-800-414-SHBP (7427)**.

