Becoming Leaders for Tomorrow

Healthy Lifestyles
For Young Adults and Students
Parents and Professionals Welcome

When: Wednesday, August 25, 2010, 4:30 to 6:30 p.m.

Where: Intermountain Medical Center, Doty Education Center, 5121
Building F (on the west side facing the Murray Central TRAX station),
Cottonwood Street, Murray, Utah

What: Join us to learn a little more about improving your healthy lifestyle
(nutrition, fitness, social, emotional, and more). Young adults will share
their ideas and experiences. We’ll play some Wii video games to get you up
and moving. There will be time to network and meet other young adults.
We’ll provide the healthy food.

Who: For young adults and students (high school and college), ages 13-30,
with disabilities or chronic health conditions. Bring your classmates,
friends, or family. Parents and professionals, please join us for networking
with the young adults. RSVP today to help us plan for enough food.

Sponsored by the Becoming Leaders for Tomorrow (BLT) Project. Find out more at
http://blt.cpd.usu.edu and RSVP to alromeo@utah.gov or 801-584-8535.