

BE WELL. WORK WELL.



January 6th, 2020—February 24, 2020

Mondays from 3:15 pm—4:30 pm

Lafayette Industries and TASK have teamed up to present

BE WELL—WORK WELL

An eight-week course providing an opportunity to increase your *physical fitness* and *healthy living*

- Engage in a variety of individual and group physical fitness activities.
- Increase your personal fitness each week and discuss healthy dietary choices.

Participation is limited to 15 participants so apply early!

Enrollment Requirements

- Are currently employed at Lafayette Industries West
- Have an attendance rate of over 90%
- Resident of St. Louis County
- Committed to attending **ALL** sessions
- Responsible for transportation home from TASK in Fenton
- Must complete a TASK online enrollment waiver
- Must be approved by a physician as able to participate

Lafayette will provide transportation to TASK