



## Mission Hill Health Movement

1534 Tremont Street  
Mission Hill, MA 02120  
617-427-6919

**Family Health, Fitness, and Fun**

**September 17, 2010**

**Tobin Community Center**

**6:00 - 8:00 PM**

Our articles in the Mission Hill Gazette, have had tips for healthy living, including tips for heart health, skin protection, preventing metabolic syndrome, men's health and tips for summer safety. Healthy living means putting all these pieces together. But no one can do it alone.

Family communication and community support are all necessary for fitness.

With family, when we make the time to sit and listen to each other, we can put together a plan to support each other in reaching our exercise goals, eating more vegetables, or meeting whatever our fitness needs are.

Within our communities, we can be physically active and socially active. We can find opportunities to create walking groups, volunteer to help teens build healthy living skills, or ask for community support and help when we need it ourselves.

Most of all, a commitment to fitness helps us to find the joy and fun in life.

Come to the **Mission Hill Health Movement Family Health and Fitness Event** September 17, 2010, 6 – 8pm at Tobin Community Center, 1481 Tremont Street. We will get nutrition tips from Brigham and Women's Hospital Department of Nutrition, and exercise tips from Cheryl McDermott of the Reggie Lewis Center. Most of all, come spend time with your neighbors and have fun.

For further information, or to get involved, please contact:

Mission Hill Health Movement at 617-427-6919 or [missionhillhealth@yahoo.com](mailto:missionhillhealth@yahoo.com)