

Announcing the...



www.med.wright.edu/chc/healthydayton

Your link to good health in the Greater Miami Valley Area

Head into health
Eat 5 fruits & veggies a day
Add activity
Lose weight
Take a walk
Half your portions
You can do it!

Check us out for...

- Local Health Events
- Health & Wellness Resources
- Links to Local Health Agencies



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