



HIP healthy
island
project

Invites You To Join
Fuel Up!
Food • Fitness • Fun



What:

Fuel Up! is a new healthy lifestyle program hosted by Healthy Island Project and open to all islanders 18 and older at no cost.

We will work together as a community to build healthier habits and support one another as we emerge from the pandemic.

Raegan Heansler, Registered Dietitian and island native, will lead a discussion with participants each week that covers a variety of health topics ranging from goal setting to fueling with fiber.

No pressure to weigh in!

Attendees will be treated to delicious and healthy recipes prepared by Chef Cheryl Wixson. Prizes will be given throughout the program to help make it fun and rewarding for all!

Where:

Community of Christ Church, Burnt Cove, Stonington.

When:

Eight week program, beginning
April 10th, Monday evenings from 5:30-7:00 p.m.

To Sign Up:

Email René at healthyislandproject@gmail.com
or call 367-6332.

Sponsored by:

