



**PURDUE**  
EXTENSION



HEALTH AND  
HUMAN SCIENCES



Specially designed for those 50 and over, but all are welcome!

Get motivated and set goals to improve your health through physical activity with Balance, Flexibility, Strength, and Endurance.

Learn what you need to know about the health care system.

Learn how to keep yourself safe with self-defense strategies from the police department.

# Fall into Good Health!

Sept. 12, 2018

8:30-12:15 CDT

9:30-1:15 EDT

Vincennes University

Gibson Center

Ft. Branch, IN

**RSVP: Deadline Aug 31**

Return form on back.

For more information Call

812-385-3491 ext 105



**PURDUE**<sup>™</sup>  
EXTENSION



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Registration for  
**Fall into Good Health Conference.**



Name \_\_\_\_\_



Phone \_\_\_\_\_



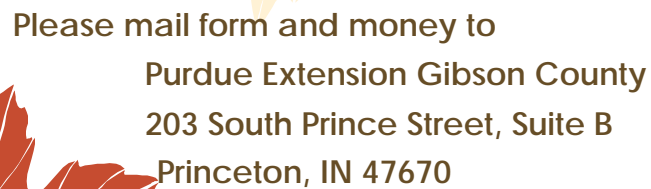
Home County \_\_\_\_\_



Email \_\_\_\_\_



\_\_\_\_\_ \$10 Registration enclosed  
Please make checks payable to Purdue CES.



Please mail form and money to  
Purdue Extension Gibson County  
203 South Prince Street, Suite B  
Princeton, IN 47670



For questions call 812-385-3491 ext 105