

You Are Invited to feel better
Exercise Your Right to
**Feel Better Minnesota
Campaign Kick-Off Event**

Thursday, October 29, 2009

10:00 am - 12:00 pm

Paul & Sheila Wellstone Center for
Community Building | Neighborhood House
179 Robie Street East, Saint Paul 55107



View the video production of Feel Better Minnesota.



Learn how you can use the Feel Better Minnesota campaign in your organization and community.



Get the tools and resources to help your community feel better.

Feel Better Minnesota is a statewide campaign to encourage adults to seek and sustain healthy behaviors. The initiative focuses on simple steps anyone can take to improve nutrition and increase daily physical activity. The goal of the campaign is to support Minnesotans in exercising their "right to feel better" by:

- eating more fruits and vegetables,
- eating more whole grains,
- drinking more water, and
- being physically active for at least one half-hour, every day.



To Register by October 27, 2009 go to:

<http://www.co.ramsey.mn.us/ph/phregistration.asp>

For further information, go to www.feelbetterminnesota.org