



MAKING ACTIVE HABITS STICK

**TIPS AND TRICKS FOR MAINTAINING
A HEALTHY LIFESTYLE AND MAKING
ACTIVE HABITS STICK**

Tues | 14 July | 2 p.m.

Presented by
Erin Tynon, FCS Agent, K-State
Research & Extension

**PWRL Onaga Library
313 Leonard St
Onaga, KS
785.889.34531**

K-STATE
Research and Extension

Pottawatomie
County

**POTTAWATOMIE
WABAUNSEE**
REGIONAL LIBRARY

PWRL - Onaga Branch Library
313 Leonard, Onaga, KS
PH: 785-889-4531 | www.pottwab.org