



How to GET WITH IT

Volunteer

Volunteer to lead walking groups in Monroe and Loudon Counties. Help with GET WITH IT Events

www.getwithitwomen.org

Support and Encourage

Support and encourage your patients to achieve a healthy weight and to develop good health habits so that they can lower their disease risk.

Join and Model

Join us in our exercise classes and be a role model for the people of this community.

Walk at FPA

Mon. and Wed.

7:45 a.m. – 8:00 a.m.

Aerobics: Energy Arts Studio

Mon. and Fri. 6:30

Refer

Refer women to the program. No woman will be excluded. However, the first year target group will be women who have had a baby within the last two years.