



WORK HARD. STAY CONSISTENT. BE PATIENT

HEALTHY LIFESTYLE CHALLENGE

JAN-MAR 2019

Join us for our first meeting : Jan-10-2019 at 3:00 pm

VISIT: ESPL.ORG

To learn more email: wgregoire@espl.org

Start 2019 by living a life that focuses on your well-being. Eastern Shore Public Library is partnering with Accomack County Parks and Recreation and other local agencies to promote the many aspects of leading a healthy and socially active life.

The Eastern Shore is filled with assets and resources to foster a beneficial lifestyle! During the Lifestyle Challenge, a variety of activities -- from programs to exploring library resources -- will help you learn healthy living skills.

Join us for the first program on January 10, 2019, 3:00 p.m. at the library in Accomac, when nutrition consultant Jeremy Hollman will discuss developing a healthy lifestyle that works for you.

[Accept the Challenge now!](#)