

December 1, 2010

MEDIA ADVISORY

Please join us when staff from HealthWorks!, an interactive children's health education center in Tupelo, presents "Rev-it-Up" at two local schools Monday, Dec. 6. The program will be presented from 9-10:45 a.m. at Houlka Attendance Center and from 12:15-2 p.m. at Okolona Elementary School.

"Rev-it-Up" takes a look at nutrition and fitness highlighting daily healthy choices. Students will be in constant motion as they rotate through three activity stations—the Railyard, Whee-Fit and Noodlemania, which will have their hearts pumping and their feet moving.

The program is sponsored by a grant from the Appalachian Regional Commission. For more information, call Deborah Roberts Pugh at (662) 377-3712.