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**FOR IMMEDIATE RELEASE**

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### **HEALTHWORKS!, JA PLAN BODYWORKS PROGRAM**

TUPELO, Miss.—Girls ages 9-13 and their mothers or caregivers are invited to participate in BodyWorks, a free seven-week program sponsored by HealthWorks! and Junior Auxiliary of Tupelo to promote healthy eating and activity habits.

The program kicks off from 6-8 p.m. Tuesday, Feb. 16, at HealthWorks!, 219 S. Industrial Road. Sessions meet from 6-7:30 p.m. Tuesdays, Feb. 23-April 6, excluding March 16.

To register or for more information about becoming healthy girls and strong women, call (662) 377-5437 or 1-800-THE DESK (1-800-843-3375).