

# Save the Date



[www.eatwellplaymoretn.org](http://www.eatwellplaymoretn.org)

## Save the Date...

**March 23, 2011**

**The Tennessee  
Obesity Taskforce  
will be delivering a  
healthy boxed  
lunch to all  
Legislator's offices.**

### Join Us

**Physical Activity  
Break**

**Wednesday,  
March 23, 2011  
12:00p.m.**

**Legislative Plaza  
Mezzanine**

Legislators and Staff are invited to a physical activity break sponsored by the YMCA.

Participants will learn steps to stay healthy and physically active during the course of your normal work day. No special attire is required.

The event will be held at the Legislative mezzanine area at the top of the escalators.



**YMCA of  
Middle Tennessee**