

# The Village

SHEFFIELD  
VILLAGE  
COMMUNITY  
EVENT!

## HEALTH AND WELLNESS KICKOFF 2024!



- ✓ 6 WEEK TEAM CHALLENGE
- ✓ FUN FITNESS CLASSES IN THE PARK- YOGA, WALKING GROUPS, CARDIODRUMMING AND MORE!!
- ✓ ACCOUNTABILITY AND SUPPORT
- ✓ WEEKLY ZOOM EDUCATIONAL LIVES
- ✓ PRIZES FOR WINNING TEAMS
- ✓ COMMUNITY CELEBRATION PARTY, FUN, GAMES AT END WITH LIVE BAND!

REGISTRATION OPEN  
UNTIL JULY 7, 2024

TEAM CHALLENGE JULY 8TH-  
AUGUST 19TH, 2024

FOR MORE INFORMATION, CONTACT US :  
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