



# Get Moving! Get Healthy!

Shiawassee County in conjunction with Live Healthy Shiawassee is making it easy for you to get healthy with a new app that will allow you to quickly locate recreation opportunities in your community with one tap of your finger.

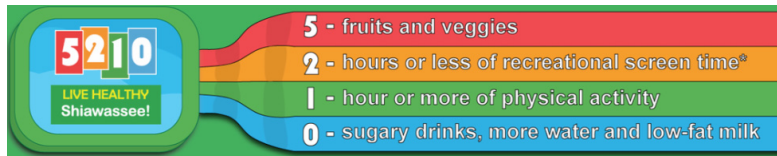
Open the Shiawassee County Parks app and simply select a category to see what's happening:

- River Access
- Trails
- Park Facilities
- Golf
- Camping
- Events
- YMCA
- Nature Center

Download the app from



*standard message and data rates may apply*



*Live Healthy Shiawassee! is a coalition working to combine resources to promote good eating and physical exercise in the home, school, and community. Its initiative includes encouraging people to spend one hour or more each day engaged in physical activity.*

*Coordination and assistance provided by ROWE Professional Services Company.*

