

# Take your health to new places

## Explore your Passport to Wellness

**Passport to Wellness** is a free series of health seminars and family events for exploring a healthier world. With your passport in hand, you're free to travel to any event you like. Just think of all the amazing places that better health can take you!

### START YOUR JOURNEY RIGHT AWAY:

1. **Attend Passport to Wellness events.**  
Each health topic has the power to change your everyday life.
2. **Get your passport stamped.** Attend at least five events for a chance to win valuable prizes.
3. **Enjoy your healthier world.** You can visit each topic again and again and again.

**Get your free passport at any  
Passport to Wellness event!**

### Need more info?

Call 937-484-6112 or visit  
**[ChampaignPassport.com](http://ChampaignPassport.com)**.

### ITINERARY FOR 2015'S TOUR OF HEALTH TOPICS

#### Go Red for Women

When so many women unite to fight, heart disease doesn't stand a chance.

**Sat., Feb. 21 | 5-8 p.m.**  
**CHAMPAIGN FAMILY YMCA**

#### Healthy Kids Day

A lifetime of healthy habits is just a hop, skip and jump away.

**Sat., April 18 | 9 a.m.-noon**  
**URBANA UNIVERSITY**

#### Summer Safety

In every summer day lurk hidden dangers that your family should know about.

**Tues., May 19 | 6:30 p.m.**  
**CHAMPAIGN FAMILY YMCA**

#### Staying Fit

You can take shortcuts without cutting corners using these smart choices.

**Tue., Sept. 15 | 6:30 p.m.**  
**CHAMPAIGN FAMILY YMCA**

#### Fashion to a Tea

Join us in celebrating the beauty of surviving breast cancer.

**Thurs., Oct. 8 | 5-9 p.m.**  
**CHAMPAIGN CTY. FAIRGROUNDS**

#### Preventing Diabetes

Almost 90% of people at risk for diabetes don't even know it.

**Tues., Nov. 17 | 6:30 p.m.**  
**MERCY MEMORIAL HOSPITAL**