

Guilford Chamber of Commerce



Get recognition for your business with Get Fit Guilford

You recently received an announcement from the Chamber of the Get Fit Guilford Wellness Initiative .

Participants will earn points for attending workshops and adopting healthy habits like 20 minutes of exercise daily, staying hydrated and eating well.

The chamber is offering its members an opportunity to support this healthy initiative while getting some free publicity. **You will be mentioned at the Get Fit Guilford website, on facebook and on twitter.**

Here are some ideas of ways to participate.

- Offer complimentary fitness classes or personal training to Get Fit Guilford participants.
- Offer a coupon to participants for a healthy food item at your establishment
- Be creative! Anything you can do to support Get Fit Guilford will Get You Known around town!!

In addition to coupons, classes and other offers, **we need workshop leaders and sponsors.** If you would like to speak on a topic related to Getting Fit, contact the chamber office. We want to talk to you! There is no cost to host a workshop. Sponsorship information will come separately.

Program Dates for Round One January 16 to February 12

View rules and other details at www.healthoptionsct.com



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1300 Boston Post RD

Phone: 203.453.9677

Fax: 203.453.6022

E-mail: chamber@guilfordct.com

www.guilfordct.com