

FREE WELLNESS EVENT



# LOLLY VITCHFORD

Lifestyle Motivational Speaker

## Ignite Your Inner Spark! Embracing Health with Humor

### April 22nd- 6pm The Strand- Plattsburgh

Move More, Stress Less

Embrace Health through Humor

Changing Lifestyle Behaviors  
Around Food



### Register Now!



**Exclusive  
Prizes!**

**"Even falling out of your chair  
laughing counts as exercise."  
"Healthy doesn't have to be hard!"**



CLINTON-ESSEX-WARREN-WASHINGTON  
HEALTH INSURANCE CONSORTIUM

Visit [www.cewwhealth.org](http://www.cewwhealth.org)  
for more information