

LiveWell Fort Mitchell coalition has the vision for a culture of good health in our community. Better Bodies / Silverlake is a great partner in this work. Through this partnership Better Bodies /Silverlake is inviting anyone in Ft. Mitchell for a 3 day fun and fitness free trial membership. Come try a group exercise class, like FunNastics or a Sports Development class! Childcare will be available for specific class times. Better Bodies/Silverlake offers parent/child group exercise classes, basketball courts, and an indoor water park, so there's fun for the whole family. For more information on class times, please visit [www.silverlakefamily.com](http://www.silverlakefamily.com). To make a reservation, please call Sharon at 859-426-7777, ext. 108.

Photographed below is a Better Bodies exercise class held at the Farmer's Market in the fall. One of LiveWell Fort Mitchell's goal this year is to have more residents using the Farmer's Market. Increasing consumption of vegetables and fruit is essential for good health, as is exercise. So start your year off with fun classes at Better Bodies. To learn more about LiveWell Fort Mitchell, please contact Stephanie Bogenschutz at 859-816-8093.

