



Cabin Creek Health Systems
in partnership with
Charleston Family YMCA and
The Kanawha Valley Village People
invite you to take part in the
Go4Life Exercise Challenge!

Keep track of the time you exercise from September 1 – 18th and return your records to us by September 21st for a chance to win prizes. You can drop off timesheets at any of the locations listed to the right, or mail completed timesheets to Karen Glazier, Health Coach, Cabin Creek Health Center, P.O. Box 70, Dawes, WV 25054.

Celebrate your accomplishments with us Saturday, September 26th at 2:00 pm at Hale House in Malden, at 4208 Malden Drive. All participants will receive certificates and enjoy prizes, refreshments, and fellowship!

**Cabin Creek
Health Center**
5722 Cabin Creek Road
Dawes, WV 25054

**Riverside
Health Center**
1 Warrior Way, Ste 103
Belle, WV 25015

**Clendenin
Health Center**
107 Koontz Ave, Ste 200
Clendenin, WV 25045

**Kanawha City
Health Center**
4602 MacCorkle Ave, SE
Charleston, WV 25304

YMCA of Charleston
100 YMCA Drive
Charleston, WV 25311

