



# Walker County Healthy Initiatives

Preventing Hospitalizations for Diabetes and Hypertension

## FEBRUARY 2013

HMH Sittercise (Free)  
 YMCA Activity Building  
 2906 Old Houston Rd  
 YMCA—Sandra Clifton  
 (936) 295-8009

Zumba \$2.00 Per Class  
 Huntsville Intermediate Gym  
 190 East  
 City of Huntsville –Kim Barnes  
 (936) 294-5725

Introduction to Group Exercise  
 YMCA Activity Building  
 2906 Old Houston Road  
 Limit 50  
 (936) 295-8009

The Diabetes and Mended Hearts Support Groups meet in the 2nd Floor Conference Room at Huntsville Memorial Hospital.  
 Questions?- Karen Bilsing  
 (936)291-4599

Contact Information  
 Walker County Extension Agent  
 Meredith Henry  
 (936) 435-2426

Check out [mapmywalk.com](http://mapmywalk.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Personal Workout	2
3	4	5 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	6 Introduction to Group Exercise 6:00pm-7:00pm	7 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p Diabetes Support Group 6PM	8 Personal Workout	9
10	11	12 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	13 Introduction to Group Exercise 6:00pm-7:00pm Mended Hearts Support Grp. 12pm	14 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	15 Personal Workout	16
17	18	19 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	20 Introduction to Group Exercise 6:00pm-7:00pm	21 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	22 Personal Workout	23
24	25	26 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	27 Introduction to Group Exercise 6:00pm-7:00pm	28 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p		