

# Health & Fitness Expo

Friday, April 27, 2012

6-8 p.m.

Location: Panther Stadium—Cabot High School  
(401 N. Lincoln-Cabot)

Target Audience: Students, Families, District Staff,  
& the Community

It's about  
  
Cabot Public Schools

## Health & Fitness Expo Goals:

- Provide tobacco prevention & cessation resources
- Identify & promote local health & fitness services
- FREE health assessments
- Increase knowledge of healthy living strategies
- Promote healthy eating & physical activity opportunities
- A partnership with Cabot Lion's Club Kids Fun Run



**STAMP OUT SMOKING**  
ARKANSAS DEPARTMENT OF HEALTH  
1-800-QUIT-NOW



**CABOT LION'S CLUB**

**TO SET UP A FREE BOOTH CONTACT:**

Kelly Spencer, District Health & Wellness Coordinator

[Kelly.spencer@cps.k12.ar.us](mailto:Kelly.spencer@cps.k12.ar.us)

(501) 843-3363 Ext. 1204

**Set up a FREE booth!**