

RISE UP MID-SOUTH.

JOIN THE 1,000,000 POUND MOVEMENT.



SCAN TO
DOWNLOAD THE FREE
HEALTHIER 901 APP

CHANGE STARTS TODAY. AND IT STARTS WITH YOU.

More than one-third of our community is directly impacted by obesity, putting Mid-Southerners at a higher risk of developing life-threatening conditions. Together, we can change this and help create a healthier and more active community. Are you up to the 1,000,000 pound challenge or simply want to live a more active life? Join the Healthier 901 movement today by downloading the free wellness app to track weight loss and access resources, events, partner discounts and more.

healthier901.com

POWERED BY



Thank you to our partners in health!

