



## **Welcome to the "Get Active" Adventure!**

**It is our hope that this booklet will  
inspire you and your family to have  
fun with physical activity.  
Choose an activity and explore the  
possibilities for fun!**

"Get Active" lists just some of the many  
wonderful, affordable opportunities for active play  
in Grant County. If you don't see your own  
favorite physical activity listed here, please send  
your suggestions for future editions to:

**"Get Active"**

**c/o University of Wisconsin-Extension  
(608) 723-2125**

**[www.uwex.edu/ces/cty/grant/](http://www.uwex.edu/ces/cty/grant/)**

**2009**

Who is the *Get Active in  
Grant County Coalition?*

The Coalition was started in 2007 by individuals and organizations interested in promoting physical activity and healthy nutrition for families in Grant County. These Grant County agencies participate in the coalition:

UW-Extension, Grant County  
Southwest Health Center  
Grant Regional Health Center  
Boscobel Area Health Center  
Grant County Hunger Council  
Grant County Health Department  
Nutrition, Exercise, Wellness (N.E.W.) Coalition



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