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# **What is Movin' Communities?**

- ☀ **A FREE 6-week activity program that offers over 50 activities to choose from.**
- ☀ **Motivation to increase activity levels and improve health.**
- ☀ **A great way to get ready for warm weather activities.**
- ☀ **A fun way to get the whole family active!**

**Register  
Today !!**

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