

# HEALTHY NEW ALBANY



## LECTURE SERIES

In Collaboration with the  
**Jeanne B. McCoy Community Center for the Arts**

### **“I Know What to Do - So Why Don't I Do It?”**

**Discover the hidden obstacles  
to achieving lasting success in healthy living.  
Food and exercise knowledge, although important,  
is a small piece of what's needed to sustain a healthy lifestyle**

**Date: Wednesday, January 11th • Time: 7 – 8 pm**

**Location: Mershad Hall, McCoy Center for the Arts**

**Cost: FREE**

**Canned food donation encouraged for local food pantry**

**Speaker:** Zoe Guirlinger, MSPT, President, Ultimate U Total Health,  
Creator of an award-winning lifestyle change process.

In this eye-opening session, Zoe will reveal the latest research-based methods  
for creating and maintaining positive health habits.

**For Additional Information, visit: [www.mccoycenter.org](http://www.mccoycenter.org),  
or call: 614-245-4701**



JEANNE B. MCCOY  
COMMUNITY  
CENTER FOR THE ARTS

**Good Health**  
**THIS WAY** 

HEALTHY  
NEW ALBANY

