

## Health and fitness program set for March 13 in Holyoke

Written by Holyoke Enterprise

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Need some help with a New Year's resolution to lose weight and get in shape? Would it be beneficial to have some professional advice on nutrition, exercise and problem-solving one's metabolism? Circle Thursday, March 13 on the calendar for a special health and fitness program hosted by Colorado State University Extension.

Stoney Eskew, metabolic specialist, nutrition coach and fitness expert, is coming to Holyoke for an informative and interactive presentation at 7 p.m. in the Phillips County Event Center.

This event is open to the public and aimed at adults wanting to improve their health and fitness. An admission fee will help cover her mileage. Complimentary refreshments will be served. Admission fee will be waived for 2014 Healthier Weigh Phillips County participants.

*To view the full article, consider an e-Subscription. Call 970-854-2811 for details.*

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