



# Get Moving, Exercise can improve your health! Lunch and Learn

Do you know the difference between physical activity and exercise?

Come learn exactly what it means to be active and what impact physical activity has on decreasing your risk for a variety of diseases. Attend the "Get Moving" Lunch and Learn!

CityFit will sponsor informative sessions at the following locations:

- Police Headquarters 03/20/2015
  - Strip District 03/27/2015
- Public Safety Training Academy 04/10/2015
- City-County Building 04/17/2015

Contact [Charisse.Smith@pittsburghpa.gov](mailto:Charisse.Smith@pittsburghpa.gov) to register or call 412-255-2950.

Please visit the [CityFit homepage](#) for additional information.

Lunch will be provided



CITY OF  
**PITTSBURGH**  
"AMERICA'S MOST LIVABLE CITY"

City-County Bldg.  
414 Grant Street  
Room 445

Police Headquarters  
1203 Western Ave.  
Pgh, PA 15212

Strip District  
10 29-1/2 & AVRR Streets  
Pgh, PA 15201

Public Safety Training Academy  
1395 Washington Blvd.  
Pgh, PA 15206



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