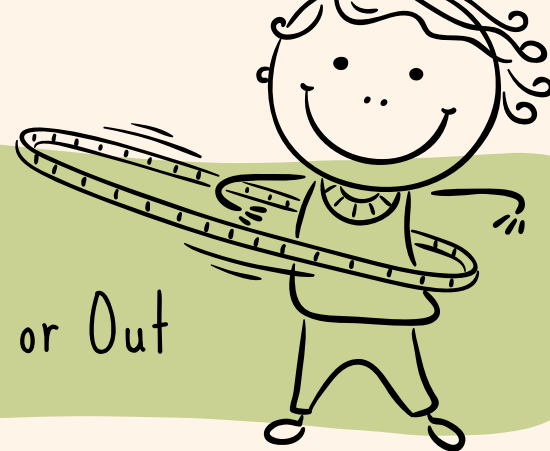


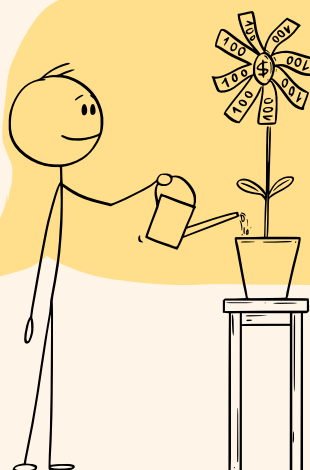
Dance



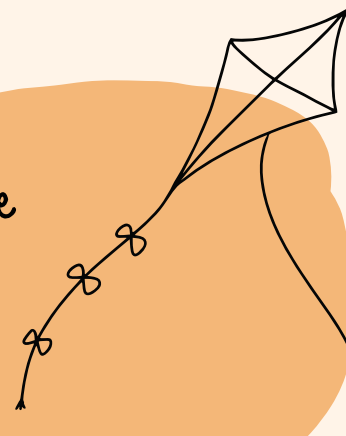
Indoors or Out



Grow Something New

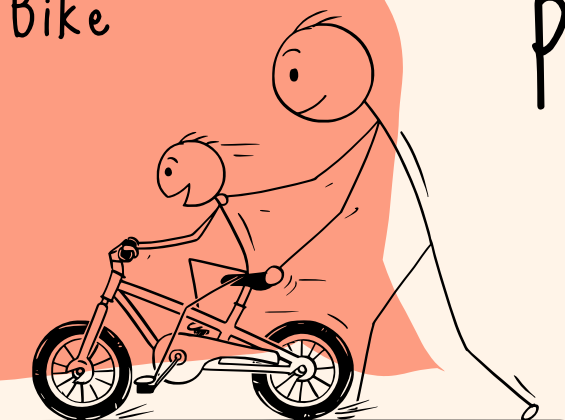


Play a Game



WHAT WILL YOU DO WITH YOUR LONGEST DAY OF PLAY?

Ride a Bike



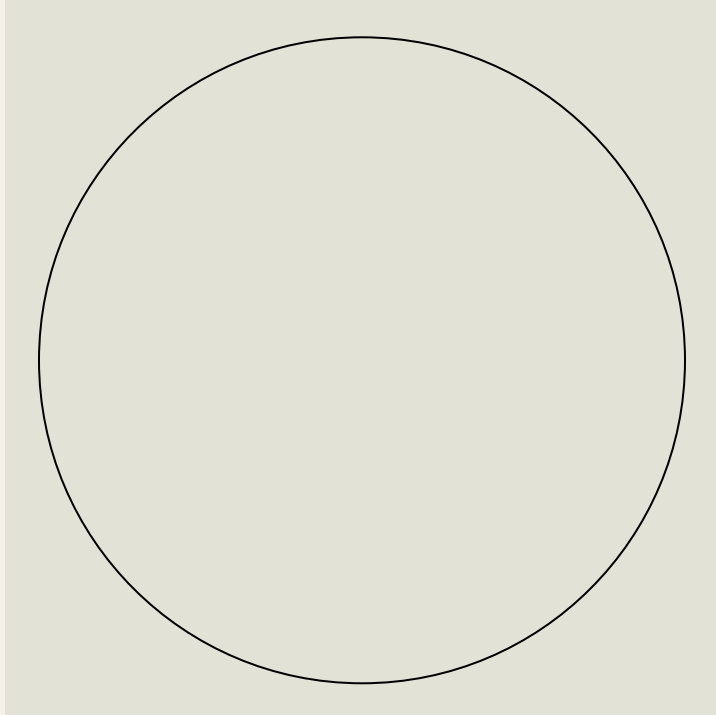
Go to the Park



WHATEVER IT IS LETS DO IT TOGETHER.

June 20, 2024





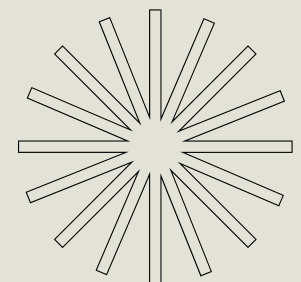
**THE LONGEST
DAY OF PLAY IS
NOT JUST FOR
KIDS**



INSPIRATION



*Practice
Movement for
self care this
.date*





What will you do on your longest day of play?

Anyway you do it, a little movement each day can lead to big improvements in fighting your risk for Type 2 diabetes. So get out there on June 20th for the longest day of play.

#kNOWmorein24