The Great Lakes Division continues to lay the groundwork on wellness – with a keen focus towards the most prominent liver diseases of today and tomorrow – especially Fatty Liver Disease and NASH. Get Fit features a full year of wellness topics with easily digestible content to educate and promote wellness. Throughout 12 months Get Fit will generate 36 webinars, 48 11x17 posters, 12 E-Newsletters, and many live education opportunities including flu shots, health screenings and more.

**Monthly Wellness Topics:**
- Mindfulness
- Fitness & Exercise
- Nutrition
- Financial Literacy
- Mental Health Prevention
- Disease Management
- Vaccination
- Obesity Awareness
- Know Your Liver
- Alcohol Awareness & Smoking Cessation
- Understanding Health Insurance

**Be the Solution for Wellness in Your Community**

From mindfulness to nutrition to understanding health insurance Get Fit empowers individuals with the knowledge and tools to take ownership of their wellbeing. Get Fit offers high-quality, medically vetted health information to promote positive, health-centric decisions as it guides individuals, businesses, organizations and others on a comprehensive wellness journey. Each participant receives an entire year of facts, tips and concrete wellness advice designed to influence a healthier life style. Informational formats include e-newsletters, 48 informative posters, and 36 webinars by healthcare experts. All materials are enduring, can be incorporated into team building activities or accessed at the leisure of the participant, and can be viewed multiple times.

Get Fit can be a valuable addition to your own wellness efforts or an exceptional benefit for:
- Associations
- Non-profit Organizations
- Clients & Customers
- Employees
- Patients
- Supporters
- And more!

Learn more about Get Fit online at [https://alfgetfit.wordpress.com/](https://alfgetfit.wordpress.com/).
Contact Brandon Combs for additional questions or concerns: BCombs@LiverFoundation.org.