

UPDATED

# You're Invited!

## "Fresh From Florida – Healthy Eating" "HEALTH IN ALL PLACES" TOUR

**MEET: John H. Armstrong, MD, FACS**  
Surgeon General and Secretary of Health for the State of Florida

**WHAT:** Join State Surgeon General and Secretary of Health, Dr. John H. Armstrong, and local stakeholders as they highlight Florida initiatives that promote healthy eating and healthy weight in Hernando County. Plan to enjoy a fresh fruit smoothie with Dr. John H. Armstrong before the event and consider joining him in an "Introduction to QiGong" exercise class at the Brooksville Library immediately following the event.

**WHEN:** **Tuesday, September 8, 2015 • 9:00 – 9:30** Meet & Greet over a fresh fruit smoothie  
**9:30 – 9:55** Surgeon General and local partner presentations  
**10:00 – 10:30** Introduction to "Qigong" exercise class with Dr. John H. Armstrong

**WHERE:** **City of Brooksville, Council Meeting Room**  
201 Howell Avenue, Brooksville, FL 34601

**CONTACT:** **Ann-Gayl Ellis, Department of Health in Hernando County**  
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