



Mothers in Motion on [wichealth.org](https://www.wichealth.org)

View lessons on exercise, stress relief, healthy eating, weight loss, time management, meal planning, and more!

“Mothers in Motion just really takes the time to sit down with moms and talk about the simple things, the everyday things that really do matter.”

Information shared in a **Fresh, New, Inviting Way**

“It’s changed my life. It’s changed the lives of my children, and I just am excited about everything that is gonna continue to come.”

Login to [wichealth.org](https://www.wichealth.org) and see for yourself.
It’s Worth It!

