



Scale Back Alabama 30 Sec PSA

Are you looking for a fun way to help you make some healthier lifestyle changes in this new year?

In March, Scale Back Alabama is launching a redesigned, virtual program to encourage overall wellness and promote healthier lifestyles. As always, it's free, provides healthy lifestyle tips – and you could earn prizes! Join folks across the state and be a part of a community that's committed to living fuller, healthier lives.

This March, be prepared to Scale Back Your Way! To learn more, visit Scale-Back-Alabama-dot-com.

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