WORKING FOR A HEALTHIER TN

Let's bring awareness together!

Get moving

Join a virtual workout or
workout at your convenience.
Schedule a walking meeting.
Take a stretch break.
Organize a lunchtime or after-work walk.

Schedule a lunch 'n learn or webinar.

Wear Blue

Send photos (*with permission*) to WFHT.TN@tn.gov.

Take a type 2 diabetes risk assessment.