

POWRD

PROMOTING OPTIMAL WELLNESS THROUGH RECREATION AND DIET

Register today



Weekly virtual sessions
begin 2/13/25 at 6:30pm

404-965-4122

POWRD Picnic
Dunbar Center
3/22/25 from 11am-2pm

Lower risk of
Diabetes
Hypertension
Heart disease
and more



Lose weight
Build Muscle
Gain Energy

Ready to make healthier choices for your family?

Join the POWRD community and discover how to
create a healthier, more active lifestyle together.

This free program includes:

- On-demand nutrition info
- Dietitians and personal trainers
- Healthy cooking tips and recipes
- POWRD Picknics

POWRD Picknics

Are family picnic packed with fun!
Enjoy your favorite games like
kickball, relay races, flag football,
and more. Plus, special games for
expecting moms!

