

Safety Spotlight

Combining Health & Safety

January 2017



We are a couple of days into 2017 and many of our resolutions involve healthier and safer life changes and we have a few opportunities to help you achieve some of these goals. LiveFit Southlake will kick off their community-wide wellness challenge on January 14. Again for the second year, LiveFit will join the fourth annual Southlake Staying Alive CPR safety event in February. Here's a look at both of these events and opportunities to participate to improve your health and safety.

LiveFit Event - January 2017



Register at: <https://themarksouthlake.com/238/LiveFit-Southlake>

Earn points and prizes by participating in group walks, attending lecture series, and more
Show off your improved fitness level at the 5K close-out event on April 1

LIVEFIT SOUTHLAKE



Southlake Staying Alive Event - February 2017



Get a free Friends & Family CPR Kit



Earn points towards the LiveFit wellness challenge



Enjoy a walk with the Mayor and take a Zumba class

Have your child's car seat installation verified

Learn Women's Self Defense tips and techniques

Verify proper car fit for seniors



Saturday, February 11
10:00 am - 1:00 pm
The Marq
285 Shady Oaks Drive

Please let us know if we can help with any of the information here or with any questions or concerns you may have.

Life and Property Preservation Through Public Education

Fire Education

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Police Education

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Visit us on Facebook at: "SouthlakePublicSafety"