



# JEFFERSON COUNTY General Health District

— Prevent. Promote. Protect. —

## News Release

**FOR IMMEDIATE RELEASE**

January 17, 2023

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### Strong as a Mother

**STEUBENVILLE, OH** – The Jefferson County General Health District and Fresh Twist will partner for Strong as a Mother on Friday, January 20, from 3:30 – 5pm. Please join us for conversation and tips on nutrition, exercise, energy, self-care, meal planning, healthy homes and habits, raising kids and relationships. Facilitators will include Kylie Smogonovich, RN from the Jefferson County General Health District and Angela Lombardo, Health Coach and owner of Fresh Twist.

This event is free for all mothers and will take place at Fresh Twist, 2311 Sunset Blvd, Steubenville. Due to limited seating capacity, you must RSVP by calling 740-214-1575.

FREE WOMEN'S EVENT!  
Please join us for a FREE SMOOTHIE, healthy snacks, & an open conversation on how to be...

## STRONG AS A MOTHER



WITH KYLIE SMOGONOVICH,  
REGISTERED NURSE



AND ANGELA LOMBARDO,  
HEALTH COACH



JEFFERSON COUNTY  
General Health District  
Prevent. Promote. Protect.



FRESH  
twist

**Who?**

MOMS LOOKING FOR SUPPORT IN  
NUTRITION/EXERCISE/ENERGY  
SELF CARE & RELATIONSHIPS  
MEAL PLANNING  
RAISING KIDS  
HEALTHY HOMES & HABITS

**When?**

JANUARY 20TH  
3:30-5PM AT FRESH-TWIST  
2311 SUNSET BLVD  
STEUBENVILLE, OHIO  
MUST RSVP IN ADVANCE  
DUE TO LIMITED SEATING  
740-214-1575