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# SoutheastHEALTH of Stoddard County Supports Fitness Challenge

MARCH 22ND 2018 BY DEE LOFLIN

**SoutheastHEALTH of Stoddard County** provided cutting boards for participants in the Regional Healthcare Foundation “TRI” Team Fitness Challenge.

Pictured, LeVeda Scates, Coordinator of the Fitness Challenge and Sue Ann Williams, CEO Dexter Southeast Health.

One of the key points stressed in the competition is healthy nutrition.

Participants appreciated the cutting boards because salads are a focus food for weight loss.

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