

Families Get Fit!

Midland Memorial Hospital's Diabetes and Nutrition Learning Center and Casa de Amigos is pleased to offer a special nutrition/fitness program designed for students and their family.

Program details:

- Designed for students ages 7-13
- Parent must attend last 15 minutes of class with student for nutrition tips
- 6 week program (2 classes per week)
- Meets Tuesday and Thursday afternoons, from 4:30-5:30 pm at Casa de Amigos
- Each class will provide nutrition education and healthy snacks along with physical activity.

Total Cost per family—\$15

Nutrition counseling and physical activity provided by licensed personnel.

- Free Pedometer
- Fitness Notebook
- Snacks at each class
- Food demonstrations
- Weekly prizes!!

Grand prize \$125 value

Classes start:

Session 4: February 14

Session 5: April 3

Must register and enroll at the Diabetes and Nutrition Learning Center.

Call today! 522-3045



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