



Fun Foods & Fitness Class



The three week class will promote healthy weight through lifestyle. Learn how to make healthy meals/snacks & create good physical activity habits. The class has 12 student slots .



** Will require a referral from a Primary Care Manager(PCM)*



- 🕒 **Who:** For Kids 6-12 years old with their parents
- 🕒 **When:** 4pm to 5pm January 14^h, 21st, & 28th .
Next class session will be April 2010!
- 📍 **Where:** Munson Army Health Center
First Floor Break Room , 550 Pope Ave



Marcy Sedwick, RD, LD
Nutrition Care Division
Munson Army Health Center
Call if you have any questions about this program @ 684-6750 or
schedule an appt with your PCM .

