



A new program called **Healthy Kids**, sponsored by Reedsburg Area Medical Center, is being offered this summer.

This comprehensive program is designed to educate children and their families about nutrition, food choices, exercise and activities to promote a healthy lifestyle.

The 3-week course will have 2 sessions, one for kids entering grades 1-3 and the other for grades 4-6.

Who should attend Healthy Kids?

Kids who will be entering grades 1-6 in the next school year

Where is it being held?

At Westside Elementary School

When does the program start?

The program will begin **July 6th**, for **3 weeks**, on **Monday, Wednesday, and Fridays** from 8:00 am - 10:00 am for grades 1-3 and from 12:30 pm - 2:30 pm for grades 4-6. There will be a parents/family night on **June 30th at 6 pm** at Reedsburg Area Medical Center in the lower level education room. This is when registration will be completed and fees collected.

What will the kids do?

Each day the kids will have the opportunity to do fun activities and exercise in a group setting. Snacks will be provided each day and all kids will receive a Healthy Kids T-shirt.

What is the cost?

The 3 week program is \$20. This includes a T-shirt and snacks. Scholarships are available to those who qualify financially.

How do you sign up for Healthy Kids?

To reserve a spot for the program, call the Rehab Services Department at the Reedsburg Area Medical Center, **608-768-6120** or email ramc-rehab@ramchealth.org. There is a limit to the number of participants, so please register soon.

We look forward to working with you and your child in the Healthy Kids program.

