



Healthy Kids, sponsored by Reedsburg Area Medical Center, is being offered again this summer.

This comprehensive program, run by Julie Lee, RAMC's Health & Fitness Coordinator and Joe DeBiase, RAMC's Certified Athletic Trainer, is designed to educate children and their families about nutrition, food choices, exercise and activities to promote a healthy lifestyle.

The 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 fall. 30 kids maximum per session.

Where is it being held?

At South School, Reedsburg

Dates and times?

- **Session 1, for grades 1-3:** July 19, 20, 21, 26, 27, 28; 12:30 pm - 3:30 pm
- **Session 2, for grades 4-6:** August 2, 3, 4, 9, 10, 11; 12:30 pm - 3:30 pm

Attend **Parents/family night** on **Thursday, July 8 OR Tuesday, July 13 at 6-7 pm** at Reedsburg Area Medical Center in the lower level education room. You are encouraged to attend either session. This is when registration forms will be completed and fees collected. Bring the kids — we will provide activities for them!

What will the kids do?

Each day the kids will have the opportunity to do fun activities and exercise in a group setting. Healthy snacks will be provided each day.

What is the cost?

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

How do you sign up for Healthy Kids?

Sign up by July 1 by calling RAMC's Rehab Services Department, **608-768-6120** or email jlee@ramchealth.org. Provide participant's name and age, parent or guardian name with contact information, and session number (1 or 2). There is limited enrollment so please sign up early.

Call Health & Fitness Coordinator Julie Lee if you have questions, 524-6487, ext. 2507.

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

