

OPERATION FIT KIDS

WHEN

July 11Th-15Th, 2016
1pm - 2:30pm

WHERE

Diabetes Center

WHO

**6-8Th Grade Native American
Youth**

A CLASS DESIGNED BY THE AMERICAN COUNCIL ON EXERCISE (A.C.E.) WHICH TEACHES KIDS ABOUT EXERCISE AND NUTRITION. THE CLASS WILL MEET EVERY DAY FOR 1 WEEK FROM 1:00 TO 2:30 P.M. IT IS A HANDS-ON COURSE WHERE PARTICIPANTS WILL BE ABLE TO HAVE A CHANCE TO BE ACTIVE, LEARN ABOUT NUTRITION, AND HAVE FUN!

FOR QUESTIONS AND REGISTRATION INFORMATION, PLEASE CALL OR EMAIL:

-CHRIS AT TRIBAL NUTRITION: 509-865-1725; CHRIS.WATSON@IHS.GOV

-DIABETES CENTER FRONT DESK: 509-865-5121 EXT. 6757

PREPARE FOR FUN

Forms available at the Diabetes Center and Nutrition Department. Forms can be turned in to either location.

