

KidShape 2018



Learn To Live Healthy For Life

KidShape is a family based program designed to help reduce childhood obesity. The 6 week program is open to all families with children ages 6-12, who are interested in learning tools to eat nutritiously and also want to learn how to be active, for life.

- The program fee is \$25/youth - a parent or guardian must attend with each enrolled youth, (one parent/guardian per family).
- Each session will feature a nutrition topic/activity and physical activity topic/activity.
- The class will be led by health care professionals from Aurora Sheboygan Memorial Medical Center.

*Each participant will receive a **FREE 6 week family membership to the Y**. Families that join the Y within 2 weeks after the KidShape program ends will receive 20% off of the Y family membership.

Join Us Every Tuesday

January 16th -
February 20th
5:30-7:00 p.m.

**Aurora Sheboygan
Memorial Medical Center**
Shoreline Conference Room
2629 N 7th Street
Sheboygan, WI

To register, visit aurora.org/events and search using keyword "KidShape."

