

GERBER MEMORIAL
HEALTH SERVICES

presents

Way To Go Kids! 

*A new weight management program for kids
(ages 7-13) and their parents.*

Children learn about

- healthy eating
- the value of exercise
- tasty food preparation
- making healthy lifestyle choices

THURSDAYS

Sept. 3rd - Oct. 22nd

5:30 — 7:00 PM

Tamarac

1401 W. Main, Fremont

COST: \$100 per child for the 8-week program.

(If the child is in Fit for the Future, the fee is waived).

Fit for the Future Program for kids in Grant, Fremont, and Newaygo

For more information, call Kristen Contreras, RD at (231) 924-1377.

To register call GMHS Central Scheduling at (231) 924-7778.

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Tamarac
The Center for Health and Well-Being