



Fit and Healthy Kids

Community Wellness Program

Thursday evenings
May 28th - July 2nd
3:30pm-5:30pm

ANNIE JEFFREY HEALTH CENTER
CAFETERIA



"Exceptional care, close to home."

(402) 747-2031 • www.ajhc.org

These classes are available free to kids ages 8 and over, plus at least one parent or grandparent.

Join us for a 6-week program that will teach:

- *Basic cooking skills and how to use basic kitchen equipment and utensils*
- *How to plan and cook simple healthy meals and snacks for the whole family*
- *Grocery shop & read food labels*
- *Weekly fitness challenges*
- *Lots of fun learning and weekly prizes*
- *Participants receive cook book for kids, menus, recipes and mileage log*
- *Hands-on preparation of recipes each week*
- *Evening meal prepared and eaten with the class*