



2016 Fit and Healthy Kids

Community Wellness Program

Thursdays, June 2 - July 7, 2016

3:30pm-5:30pm

ANNIE JEFFREY HEALTH CENTER CAFETERIA

6-Week Program 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
- Lessons on grocery shopping & reading food labels
- Weekly fitness challenges
- Lots of fun and weekly prizes
- All participants receive a cookbook for kids, menus, recipes and mileage log
- Hands-on preparation of weekly recipes
- Evening meal prepared and eaten with the class

*Available to all kids
ages 8 and over
plus at least one parent or
grandparent*



"Exceptional care, close to home."

(402) 747-2031 • www.ajhc.org

REGISTRATION FORM

*Sign up between April 1 - April 30, 2016.

Registration cost will be free thanks to a generous grant from Blue Cross Blue Shield.

Name: _____ Address: _____

Age: _____ Phone Number: _____ T-Shirt size: _____

Adult Participant(s): _____ T-Shirt size: _____

Do you wish to receive weekly motivational and prize notification E-mails?

(No record of e-mails will be kept after the contest is over).

If so, provide e-mail address below. Otherwise, contest results will be presented each week during class time.

E-Mail Address: _____

I understand that I must have my physician's approval before I begin any exercise program and that Annie Jeffrey is not responsible or liable for any injuries sustained during this event.

Signature _____

Return this completed registration to: Annie Jeffrey Memorial Health Center - Dietary Office, 531 Beebe St., Osceola, NE 68651