



Youth Fitness Outreach

This joint program between the Barbara B Jordan YMCA and IU Health Morgan is funded and supported by the Kendrick Foundation. This 1 day program presented by a Registered Dietitian, Licensed Physical Therapist Assistant, and Fitness personnel from the YMCA will present healthy living tips including healthy nutrition, recipes, exercise and activity, goal setting. Everyone student who participates will receive a free 3 month family membership to the Barbara B Jordan YMCA, Cook book, water bottle, gift card, exercise supplies, and cooking supplies so that they can make immediate lifestyle changes.

LOCATION/DATES:

Thursday, May 30 | Eminence High School

Thursday, June 6 | Barbara B. Jordan YMCA

TARGET AUDIENCE: 8 - 16 year old students. Parent/guardian is required to attend from 3 - 4 pm for student presentations and parent specific education

COST: Free

REGISTRATION: Required. Call 765.349.6736 (option 6) or 765.342.6688



Indiana University Health



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