



Movin and Losin *for Families!*

Get the whole family healthy while having fun!
Come dressed in workout clothes!

For families with children 5-16 interested in healthier eating and fitness. New topics taught each week related to diet and goal setting, followed by exercise. Taught by Fort HealthCare pediatric nurse practitioners, nurses, and occupational and physical therapists.

FORT ATKINSON Class 1 (first time)

Mondays, Sept. 12-Nov. 14
6:30-7:30 p.m.
Fort HealthCare
Therapy & Sport Center
1504 Madison Ave.-Fort Atkinson

FORT ATKINSON Class 2 (already took Class 1)

Tuesdays, Sept. 13-Nov. 15
6:30-7:30 p.m.
Fort HealthCare
Therapy & Sport Center
1504 Madison Ave.-Fort Atkinson

LAKE MILLS Class 1 (first time)

Thursdays, Sept. 15-Nov. 17
6:30-7:30 p.m.
Fort HealthCare
Rock Lake Activity Center
229 Fremont Street-Lake Mills

Cost: \$50 per family (Financial assistance is available to those who qualify)

Register by calling (920) 568-5475 or online at
FortHealthCare.com/class/movin-and-losin



FortHealthCare.com/Class/Movin-and-Losin