



KIDS IN MOTION

Sessions

Location:

Northwestern Medicine
Health and Fitness
Center- Huntley
Conference Room

10450 Algonquin Road
Huntley, IL 60142

Time:

8:30am- 10:30am

Dates:

Monday July 15
Tuesday July 16
Wednesday July 17
&
Monday July 22
Tuesday July 23
Wednesday July 24

Kids in Motion is a 2 week (6 session) health education program conducted by Northwestern Medicine Wellness Division. Youth will gain knowledge, skills and positive attitudes to improve and maintain their health. Participants must be 8-12 years old.

Topics covered:

- Fitness
 - Nutrition
 - Self-Care
 - Creating healthy habits
 - Bullying awareness
 - AND MORE!
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Price:

Member- \$99
Community- \$109

Program Includes:

- Health Assessments
- Take Home Education
- Weekly Challenges
- Hands on activities
- Parents have complimentary access to the fitness center facility during these sessions



REGISTER TODAY! Call (815) 444-2900