



Northern Columbia
Community and Cultural Center

HEALTHY FIT CLUB!

Participation is
FREE
for area families!

NORTHERN COLUMBIA COMMUNITY & CULTURAL CENTER



Why It Matters

Childhood obesity affects over 17% of young people, and can lead to a variety of health concerns including high blood pressure and cholesterol, breathing and joint problems, and even cardiovascular disease and type 2 diabetes. These risks will only become more severe into adulthood. (Source: Center for Disease Control)

N4Cs is dedicated to engaging kids in an active lifestyle that will keep them happy and healthy for years to come!

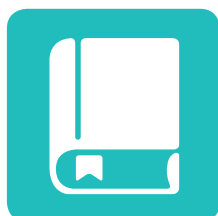


About Healthy Fit Club

Our free 11-week club will model the benefits of a healthy lifestyle while helping members form healthy habits through weekly activities and lessons!

Each session will include three components:

- **Physical Activity** - a fun game to get you up and moving!
- **Health Education** - learn what makes being fit so fantastic!
- **Nutritional Guidance** - discover and create healthy, tasty snacks!



Weekly themes will make every session new, exciting, and educational!

Important Info

Days: Every Saturday from January 6th - March 24th (except February 10th)

Time: 9:30 AM - 11:30 AM

Place: N4Cs

Registration: Opens December 4th to 1st - 5th grade. Call or stop by for more information. Register before January 6th to get a free t-shirt!

Receive a complementary 2-week membership with N4Cs and the chance for a **free membership!**



N4CS

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www.n4cs.org

www.facebook.com/BentonN4Cs

Geisinger
Health Plan



United Way of Columbia and Montour County

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