



INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA

Families in Motion

Families in Motion is a 12-week after school program for youth ages 8-13 and their parents/guardians. This is a chance for children to not only become more physically active, but to also learn the importance of physical activity, while parents/guardians learn ways to enhance children's activity and nutrition with our Registered Dietitian. Space is limited so reserve your and your child's spot today!

What:	Families in Motion Physical Activity and Nutrition
When:	Tuesdays beginning September 21
Where:	Indian Health Care
Time:	4:00 P.M. - 4:45 P.M.



Call Kay Meek, Health Promotion/
Disease Prevention Dietitian
at 382-2226 for more information,
or to reserve a spot!

