

Through our courses your child will have the opportunity to learn about their health in a fun way. Our courses will demonstrate that a healthy lifestyle is started through education and maintained by practice and execution.

Healthy Eating Courses

- ❖ Smart Snacks
- ❖ Good to Eat, Good For You
- ❖ Getting Dirty- Growing Your Food



Understanding Yourself Courses

- ❖ How the Body Works
- ❖ Knowing your Limits
- ❖ What Makes Movement

Personal Activity Courses

- ❖ Exploring New Activities
- ❖ Recreation/ Sports That Work For You
- ❖ Time For Teamwork

