



Torrance Memorial Medical Center and the Torrance-South Bay YMCA present

HEALTHY EVER AFTER *for* KIDS

A Nutrition and Fitness Program for Kids and Families

The program promotes healthy lifestyle choices by providing useful information and practical tips through hands-on learning, fun exercises, parent and child activities, and more.

These **fun**, interactive classes on nutrition and fitness will be taught by registered dietitians and YMCA fitness specialists.

For kids aged 7-13 and their families; open to all, not just for those seeking weight management. Each child must be accompanied by a parent or guardian.

WHAT: A series of nutrition and fitness classes for kids, ages 7-13

WHERE: Torrance-South Bay YMCA
2900 West Sepulveda Blvd., Torrance

WHEN: Thursdays from 5:30-7pm

- Winter I: January 5-February 9, 2017
- Spring I: March 23-May 4, 2017 (no class on March 30)
- Spring II: May 11-June 15, 2017 (no class on June 8)
- Summer I: June 22-July 27, 2017
- Fall I: September 7-October 12, 2017
- Fall II: October 19-November 16, 2017

COST: FREE!

For more information please contact: Isaac Gardner, Healthy Lifestyle Director, at 310-602-4796 or isaacgardner@ymcala.org.

Health Education classes are designed to support health and personal wellness, but are not a substitute for medical care. Always consult your physician regarding your health needs.



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