



**AWAKEN  
SUMMER  
IMAGINATION**

# Kick Off Summer With **Healthy Kids Day<sup>®</sup>**!

**APRIL 21, 2018** | Event is **FREE & open to the public**

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination, so they can explore new activities and healthy habits. Join us!

SCHEDULE OF EVENTS	
10:00 - 11:00am	<b>Fruit Kebabs and Necklaces, Healthy Meals Puzzles, Make your own toothpaste, Veggie Prints in your garden, Circle Games</b>
11:00 - 11:50am	<b>Homemade Toothpaste, Sort and pattern your veggies, How much sugar in your drink, Healthy Habits Poster Puzzle, Family Capoeira</b>
11:50am - 1:00pm	<b>Beat the clock, Healthy Eating Plate, Food Group Baskets Sorting Game, Can you guess the food, Kids Bop Dance Party</b>
1:00 - 2:00pm	<b>Shrinky Dink Cell Models, Fruit and Veggie People Puppets, Nutrition Lotto Game, Fitness Challenge Outdoors, Family Yoga</b>
2:00am - 3:00pm	<b>Strategy Fortune Telling Craft, Cover your sneeze please, Community Helpers Puzzle, How much sugar in your drink, Relays</b>
10:00am - 3:00pm	Scavenger Hunt, Health Screenings by Charles B. Wang Health Center, Health Information by NY Presbyterian, Flushing Bank, Healthy Snacks, Facility Tours, Membership and Class Information, Day Camp Tours and Information, Preferred Dental, NYPD – Community Safety, FDNY, Child ID Program – Tentative, Guest Lecture on Health Topic by NY Presbyterian

Visit our Membership desk for more information.

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