



## S.T.E.P.S. for Kids

A Family-focused Health Intervention  
Coming to West Ave. School, Bridgeton

**Starting on Monday, April 12, 2010**

**6 PM to 7:30 PM**

This program is intended for children 10 to 12 years of age whose BMI is over the 85th percentile along with their parents. It's fun and it's free!

Families will meet every Monday for 10 weeks with a dietitian, exercise specialist, and a behavior counselor. Contact your school nurse to see if you qualify! Registration is limited to 20 families!

Registration is required. **Call your school nurse by April 1st!** Take the first step to a healthier lifestyle for your child and your family!

