

# KidFit

## GETTING KIDS FIT FOR LIFE



**KidFit is a 6 week program for kids ages 8-12 to **learn healthy eating and exercise habits** while having fun! KidFit is perfect for kids who struggle with weight management or who don't get enough physical activity.**

## Tuesday, July 24th

**Tuesday and Thursday**

5:00pm-6:00pm

cost: \$120 per 6 week series



**Cayuga**  
WELLNESS CENTER

A Collaborative Partner of Cayuga Medical Center

For more information  
see our Members Services Desk



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