



Movin' and Losin' for Families!

Get the whole family healthy while having fun!
Come dressed in workout clothes!

This 10-week family fitness program is designed for families with children ages 5-16 who are looking for ways to incorporate healthy eating and a more active lifestyle into their lives. Different topics are covered each week related to nutrition and healthy eating, and the lesson is followed by fun, family fitness activities. The course is designed to guide families in making healthier choices while having fun.

Choose ONE Session:

FORT ATKINSON

Session 1: Mondays

Instructors:

Lauren Mayer, APNP & Erin Romagna, PT

Mondays, January 16-March 20

6:30-7:30 p.m.

Fort HealthCare
Therapy & Sport Center
1504 Madison Ave.-Fort Atkinson

FORT ATKINSON

Session 2: Tuesdays

Instructors:

Heidi Jennrich, APNP & Tanya Geiger, PT

Tuesdays, January 17-March 21

6:30-7:30 p.m.

Fort HealthCare
Therapy & Sport Center
1504 Madison Ave.-Fort Atkinson

Cost: \$50 per family (Financial assistance is available to those who qualify)

Register by calling (920) 568-5475 or online at
FortHealthCare.com/class/movin-and-losin



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