

# 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, October 16th

**Tuesday and Thursday**

5:00pm-6:00pm

cost: \$120 per 6 week series



A Collaborative Partner of Cayuga Medical Center

**For more information  
see our Members Services Desk**



CAYUGA CENTER  
FOR HEALTHY  
LIVING



ISLAND  
HEALTH &  
FITNESS



PHYSICAL  
THERAPY



RASA SPA



SPORTS  
MEDICINE