



present

Be Healthy Challenge

Who: Parents, caregivers, boys and girls ages 5-12.
School-age

Children are welcome; use discretion for younger children.

Where: Week 1—Complete Children's Health, 8201 Northwoods Dr.

Week 2—Hy-Vee, 1601 N. 84th St.

Week 3—Cooking Club for Families, at Hy-Vee

(optional)

When: Week 1—Tuesday, March 30

Week 2—Tuesday, April 6

Week 3—Tuesday, April 13

What time: 6:30-8:00 p.m.

How much: Week 1 and 2: \$25.00 for both sessions

Week 3 (optional): additional \$10.00 per person

What will we be doing?

Sampling healthy snacks, participating in a grocery store tour, completing nutrition worksheets and choosing healthy goals for your family.

How do I sign up?

Fill out the registration form and send form and check to:

Complete Children's Health OR Hy-Vee
Mary White, RN Becky Guittar, RD,

LMNT

8201 Northwoods Dr.
Lincoln, NE 68505

1601 N. 94th St.
Lincoln, Ne 68505

Registration is due March 19. Sign-up today as space is limited.

**Questions? Contact Becky Guittar at Hy-Vee, 467-5505
or Mary White at Complete Children's Health, 465-5600**

registration form

Parent's/Caregiver's Name: _____

Names and ages of children attending:

Phone Number: _____

Address: _____

Email Address: _____

I am interested in the Week 3 Cooking Club:

Yes ___ No ___



What parents should know...

Nutrition topics can be confusing and misleading, Get answers to your nutrition questions and concerns. Learn what to eat, how to eat and when to eat with Becky Guittar, Hy-Vee registered dietitian. Our mission is to help families adopt healthy lifestyles. Sue Springman, Pediatrician and Stacy Kosse, psychologist will offer medical and behavioral expertise.



