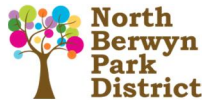




BERWYN PUBLIC HEALTH DISTRICT CHILDREN AND FAMILY WELLNESS PROGRAM



LAST CHANCE

- Bring health insurance card!
- No insurance card, no problem, program will cover cost and co-pay!

Pre-Register Now!

- Cooking Lessons
- Diet and Lifestyle Planning
- Personal Trainers
- Health Education Classes and much more!

A total Value of \$2,000 in services

COMPLETELY FREE

(after refund of \$20 deposit)



This 10-week program will take place on Wednesday at 3:30 and is offered to **3rd**, 4th and 5th graders accompanied by a parent. Starts: Wednesday, January 30th - March 30th from 3:30 to 4:30pm at Prairie Oak Elementary School. Parents and children must commit to ten straight **Wednesdays**.

Candidates will be chosen by need first

Please fill out this form and turn into your child's teacher or email form **by Monday, January 28th** if interested

Yes, I am interested, please pre-register us!

Name of parent: _____ Phone number: _____

E-mail: _____

Name of Child: _____ Grade: _____ Birthdate: _____

Height: _____ Weight: _____ Female/Male

English only: Spanish only: Both:

For more information, please contact Janet Recendez at Janetrecendez@gmail.com Or David J. Avila at Davidavila@berwynassessor.org or at (708) 788-6600

