

Fit & Healthy Families Program



Who: Elementary-aged kids and their families

When: Summer Session: Mondays, June 7 to July 26 at 6:00 to 7:30 p.m.
Fall Session: Thursdays, Sept. 9 to Oct. 28 at 6:00 to 7:30 p.m.

Location: Class held outside at Outdoor Discovery Center
4214 56th Street, Holland, MI 49423

This series is taught by a registered dietitian and covers a variety of nutrition topics in a hands-on-interactive way. Join us gardening, exploring the trails, seeing the birds of prey up close, kayaking, doing scavenger hunts, trying new foods, and doing family dance fitness together. Grandparents are welcome to bring their grandchildren. If you miss a week due to illness or vacation, you will be provided with a link to enjoy the class virtually. Come have fun with us and get outside with your family! Cost \$25 for the entire 8-week series.

Registration: [Spectrumhealth.org/classes-events](https://spectrumhealth.org/classes-events) or call **616.748.2834**