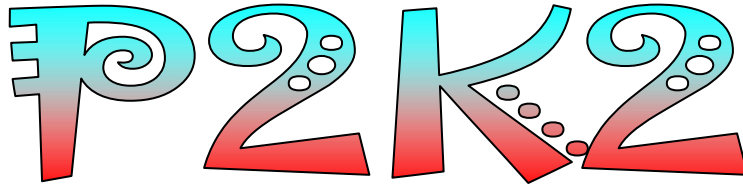


*Steps to Healthier Lifestyle*



SRSNLC-WAUKEGAN PRESENTS



*Power Playing Kalisthenics Kids*

Our mission for P2K2 is to provide a **FREE** program for children ages 5 to 13 years with a special need; a program that will focus on making wise choices regarding health, wellness and nutrition.

Topics covered will be Energy Balance, the Food Pyramid, Calories, Food Labels, The Heart and Body, Activities, and balance in Action.

When: Wednesdays August 29, 2011-May 30, 2012

Time: 4:00-6:00 pm

Where: Jane Addams Center 95 Jack Benny Drive

**Transportation Provided HOME for Waukegan In-District ONLY**

For more information please contact Kari Drew

[kdrew@waukeganparks.org](mailto:kdrew@waukeganparks.org) 847-360-4763



**Program funded by a grant from Illinois Association of Park Districts**



*Providing Recreation Programs and Services for Individuals with Special Needs for the residents of LINDENHURST, ROUND LAKE, WAUKEGAN, ZION PARK DISTRICTS*