



*Torrance Memorial Medical Center and the Torrance-South Bay YMCA present*

# HEALTHY EVER AFTER *for* KIDS

## *A Nutrition and Fitness Program for Kids and Families*

The program promotes healthy lifestyle choices by providing useful information and practical tips through hands-on learning, fun exercises, parent and child activities, and more.

These **fun**, interactive classes on nutrition and fitness will be taught by registered dietitians and YMCA fitness specialists.

For kids aged 7-13 and their families; open to all, not just for those seeking weight management. Each child must be accompanied by a parent or guardian.

**WHAT:** A series of nutrition and fitness classes for kids, ages 7-13

**WHERE:** Torrance-South Bay YMCA  
2900 West Sepulveda Blvd., Torrance

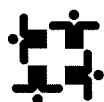
**WHEN:** Thursdays from 5:30 – 7:00pm

- Winter I: January 4 – February 8, 2018 (no class January 25)
- Spring I: April 5 – May 10, 2018
- Spring II: May 17 – June 21, 2018 (no class May 24)
- Summer I: June 28 – August 2, 2018
- Fall I: September 6 – October 11, 2018
- Fall II: October 18 – November 15, 2018

**COST: FREE!**

For more information please contact: Jamisson Costa, Regional Program Director, at 310-602-4905 or [jamissoncosta@ymcaLA.org](mailto:jamissoncosta@ymcaLA.org).

*Health Education classes are designed to support health and personal wellness, but are not a substitute for medical care. Always consult your physician regarding your health needs.*



**TORRANCE MEMORIAL**  
**LUNDQUIST LURIE**  
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**TORRANCE-SOUTH BAY YMCA**