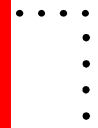


**LEARN ABOUT FUN FOODS  
AND PARTICIPATE IN FUN  
ACTIVITIES !**



**Play  
Games!**

**FOR LIFE !**

**Partnering with ...**



- \* **What? A fun Nutrition & Fitness program for kids ages 7-12 years.**
- \* **When? Saturday afternoons starting Jan 23rd - Sessions run for 5 weeks.**  
→ **Session 1: January 23rd - February 27th**  
→ **Session 2: April 3rd - May 1st**
- \* **Where? Fitness South All Activity Center**  
**Hwy 69 South (Hillcrest Center)**
- \* **How Much? \$150.00 per session (Second child \$100.00)\*\***

**A wellness program for kids sponsored by:  
The DCH Health System & area businesses.**

**"Way To Go Kids" Registration Coupon**

**For more information or to sign  
up call:  
205-759-7514  
Or e-mail:  
ClinicalNutrition@dchsystem.com**

\_\_\_\_\_  
Name(s) of child(ren) & ages

\_\_\_\_\_  
Name(s) of parent(s)

\_\_\_\_\_  
Full Address

\_\_\_\_\_

\_\_\_\_\_

Phone: Home & Cell

**LEARN ABOUT FUN FOODS  
AND PARTICIPATE IN FUN  
ACTIVITIES !**

Complete registration form, return it and registration fee in an envelope to:  
Clinical Nutrition Services  
DCH Regional Medical Center  
809 University Blvd. E  
Tuscaloosa, AL 35401

(Please make checks payable to DCH Regional Medical Center)

Mail full payment in one week before the session begins to reserve a spot. Discounted family rate fee is \$100.00 for second child.

**\*\*Discount available for DCH employees  
and members of Fitness South.**



**Clinical Nutrition Services  
DCH Regional Medical Center  
801 University Blvd East  
Tuscaloosa, AL 35401**

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5