



SUPERKids

Step Up, Eat Right!

A Nutrition and Fitness Program for Kids and Families

SUPERKids is a family-based program that promotes healthy, enjoyable eating and activity. Over six weeks, children and parents engage in hands-on learning activities, **fun** exercises, goal setting, and more. SUPERKids is taught via a partnership between the nutrition program at Cal State University Long Beach, Columbia Pediatrics, and the Lakewood Family YMCA.

WHAT: A six-week nutrition and fitness class for children ages 7-13 and their parents. Each child must be accompanied by a parent or guardian.

WHERE: Lakewood Family YMCA
5835 East Carson Street
Lakewood, CA 90713

WHEN: Thursdays from 6pm -7:30pm

- Fall: September 13 – October 18
- Winter: January 10 -February 14
- Spring: March 7- April 11

COST: FREE!

